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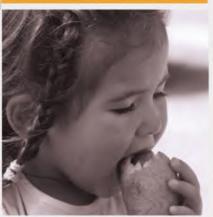






#3

Keep a healthy balance by mixing fruits and veggies with favorites like State Fair® Corn Dogs. Wash and refrigerate produce at the start of the week so it's always on-hand.











Running straight from school to soccer practice?
Bring a cooler and enjoy a picnic snack with your child on the field, in the bleachers, or under a shady tree.











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FOR UP TO 12 HOURS



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JAUGUST 2015 CONTENTS

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KEEP INTOUCH REMOTELY









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COULD BE

THE TASTIEST **BARBECUE** YOU'VE **EVER HAD**

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EXCLUSIVE WAYS TO SAVE



Scan for bargains on products and recipe ingredients. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find nearby bargains on ingredients. Here's how to do it:

DOWNLOAD THE FREE DIGIMARC APP

(available at Google Play and iTunes). Launch it, then hover your phone 4 to 7 inches above the picture (line it up in the on-screen crosshairs).

IF YOU'VE SCANNED A PRODUCT PHOTO,

your browser will open to a page where you can comparison-shop, buy an item or sign up to receive price-drop alerts.

IF YOU'VE SCANNED A RECIPE PHOTO,

your browser will open to our sister site myrecipes .com. Save the recipe to your MyRecipes account, then make menus, shopping lists and more. Don't have an account? Sign up on the spot.



FIND OUR COVER STORIES



BACK-TO-SCHOOL TREATS

To make cookies like the ones on the cover, use a favorite recipe or store-bought dough. Check out page 7 for further instructions.

COVER PHOTO: CHARLES SCHILLER





Scan our cover—or the specially marked images on pages 82 and 106-to launch our custom BACK-TO-SCHOOL SHOPPING TOOL. It's packed with everything your kids will need—and want! Find smart picks for backpacks, footwear and other supplies-for students in first grade through college-available at retailers you trust and at prices you're sure to love!



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ONLINE

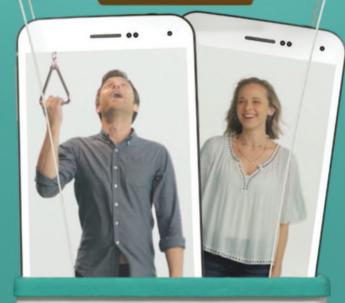
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NATIONWIDE COVERAGE ON THE LARGEST AND MOST DEPENDABLE NETWORK



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from the EDITOR

This year back-to-school takes on special meaning in our family. My daughter is looking forward to her freshman year at a high school she worked hard to get into. I have every confidence that she will accomplish great things there, and I look forward to cheering her on from the sidelines.

Of course, on a practical note, she'll need plenty of gear before that big first day, so I appreciate the savings tips in "32 Ways to Spend Less This Back-to-School Season" (page 106) as well as the suggestions on what to buy in "Making the Grade" (page 82). And because no 14-year-old girl can head back to class without an arsenal of mascara, lipstick and shampoo, our annual, comprehensive Beauty Awards story (page 19) will come in handy, too.

First, though, we plan to spend some evenings together on our patio, savoring the flavors of summer-like those found in the recipes starting on page 52. There will be time enough for the three R's; we have a few weeks left to enjoy some R&R.



Clare McHugh, editor clare@allyou.com

THANKS TO ALL THE READERS WHO HELPED CREATE THIS ISSUE

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Walking with her husband makes Angela's workout more enjoyable. PAGE 33



Carra gets some advice on how to ease Gizmo's anxiety. **PAGE 97**



Krista's craft idea is great for keeping kids busy. **PAGE 75**

ON THE COVER

Marc's recipe

for chicken cutlets

is one of his

girlfriend's

favorites!

PAGE 64

Looking for a way

to encourage your

kids to read more?

Check out Justine's

suggestion.

PAGE 80

Shala has

a smart way

for friends

to help one

another simplify

meal time.

PAGE 77

CUTE BACK-TO-SCHOOL COOKIES

Grab ready-to-roll dough and colored icing and create lunch-box treats to make your children smile. Even high-school kids are bound to appreciate these cookies, made to look like school gear. We made a notebook, a ruler, a calculator, a school bus, a lunch box, scissors, a marker and a pencil. We cut them freehand—no cookie cutter needed. Roll out store-bought sugar-cookie dough, or make your favorite recipe. Cut dough into shapes, then bake. To make neat edges, spoon royal icing—dye it with food coloring first—into a ziplock bag, snip off a corner and pipe it along the edge of each cookie. Then fill in the design with more icing.







'I made it!'

PARMESAN CHICKEN BREAST TENDERS

'MY REVIEW'

"I had never used buttermilk in an egg wash mixture before, so that was new to me, but this recipe was still easy to prepare. The kids really enjoyed it. I would definitely serve this dish again."

'MY TWFAK'

"Instead of using chicken tenders, I just cut up boneless, skinless chicken breasts. When they were cut into smaller strips, two large breasts were plenty to feed my family of four."

'MY TIP'

"I substituted almond flour for cornmeal because I happened to have it on hand, and I think it makes the recipe a little healthier by adding more protein and healthy fats."



Jodi Reardon, 30, Bismarck, N.D.,

From the April issue

Find the recipe at allyou.com/ parmesanchicken, or get it by scanning the photo at left. See page 4.

QUESTION WHAT'S THE BEST RECIPE YOU'VE FOUND ON

Pinterest

"I found this awesome pin for what I like to call the Big Sandwich. My husband loves it, and there is always enough left to take for lunch the next day.

Lynn Homeier, 51, Woodstock, Ill.



"Oreo balls. They are incredible. I always make them for my friends."

-Cassie Brown, 30, Yukon, Okla.



"Crock-Pot lasagna. It's easy—I make it every two months. My family loves it."

–Misty Pelhank, 42, White, Ga.

CROCKPOTLASAGNE ITSALWAYSAUTUMN.COM



SCHOOL LUNCHES

"To save money and time, prepare singleportion bags of nuts and fruit, then store them in your pantry or fridge. This controls the serving size, and your kids can grab their own healthy snack on the go."

—Sarah Roe, moneysavingqueen.com



DIY

"Make your own soap dispenser: Punch a hole in a mason jar lid, remove a pump from an empty soap dispenser, insert it into the hole and secure with a strong glue." —Liz Fourez, lovegrowswild.com





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Of all supplements, only 1% have earned the USP seal. Nature Made has the most of any brand.





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YOU'LL LOVE THEM MORE THAN YOUR — KIDS—

Kids love eating Kraft Mac & Cheese Shapes. Now parents will love what they're not eating. Because their favorite characters and their favorite food now have no synthetic colors, artificial flavors or preservatives.



Yourtime 5 Things to Do This Month

MAKERTO BUY THE TWO PRODUCTS See page 4.



SEE IT RICKI AND THE FLASH

Meryl Streep belting out Bruce Springsteen and Lady Gaga songs? Yes, please! Ricki (Streep) is a 50-something rocker who, decades before, left her children and husband (Kevin Kline) to go on the road. Now in a cover band—with a guitarist who's in love with her (Rick Springfield!)—Ricki is forced to reconnect with her estranged family when her daughter (Mamie Gummer, Streep's daughter) falls apart after her spouse leaves her. Opens Aug. 7. (PG-13)



ICE CREAM MAKER Here's the scoop on preparing a quick single serving: Deposit salt and ice into one compartment; milk, cream or yogurt in the other-along with berries, chocolate or whatever other flavoring floats your boat. Then you shake, shake, shake.

SEEIT FANTASTIC FOUR

In this early-origin story about Marvel's original and longest-running superhero team, a quartet of young outsiders (Miles Teller, Kate Mara, Michael B. Jordan and Jamie Bell) is teleported to a dangerous universe, where they gain extraordinary powers. When the evil Dr. Doom (Toby Kebbell) threatens to destroy Earth, the four try to figure out how to work as a team to save the planet. Opens Aug. 7. (Not yet rated)





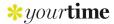
MR. ROBINSON

Funnyman Craig Robinson plays a musician by night and substitute teacher by day who tries to make the best of both jobs. He and the sassy principal (Peri Gilpin) butt heads about his teaching style. Fun fact: Robinson was a music teacher in his pre-acting days. The NBC series is slated to premiere Aug. 8.

USE IT SALVE **NATURALS SUPER SOFT SCRUB**

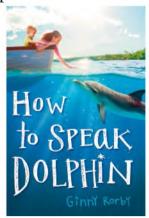
Rub on this gentle scrub during a relaxing bath or when soaking vour feet before a home pedicure. Made with virgin coconut oil, it has no artificial fragrances, dyes or ingredients meaning it's a safe bet for people with sensitive skin.





Unwind With a Book

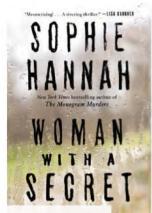
Sneak away with one of these handpicked summer reads.



HOW TO SPEAK DOLPHIN

BY GINNY RORBY

This middle-grade offering from an awardwinning author explores autism's effect on every member of the family. A girl appreciates the unique connection between a therapy dolphin and her half-brother, who is on the spectrum. But she can't get past the injustice of keeping the marvelous creature in captivity.



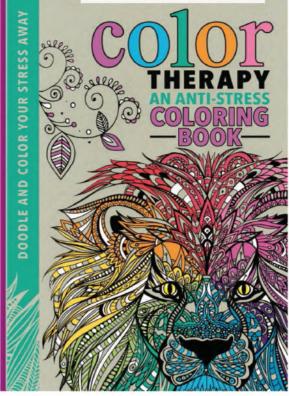
WOMAN WITH A SECRET

BY SOPHIE HANNAH

The life of Nicki Clements-a seemingly ordinary wife and mother-is upended when she is questioned about the murder of a man she never met. Although Nicki didn't kill him, she definitely knows something about the crime. As the cops chase after the true culprit, they start to unravel Nicki's darkest secrets in this tense, exciting novel.

COLOR THERAPY: AN ANTI-STRESS COLORING BOOK

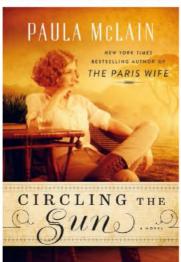
Remember when you didn't have a care in the world? This lovely coloring book, arranged by palette and mood, helps you reclaim that unfettered feeling. Scribble within the lines or stray beyond them-either way, it's a lot more affordable than a shrink.



CIRCLING THE SUN

BY PAULA MCLAIN

From the best-selling author of The Paris Wife comes another moving historical tale, this time about famed aviator Beryl Markham. Born in England and raised in Kenya by her eccentric father, a racehorse trainer, Beryl emerges into 1920s society as an independent woman. It becomes clear that despite the obstacles she faces-ill-fated romances, family failures, strict societal conventions-nothing can prevent Beryl from her true destiny: flying.



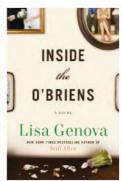


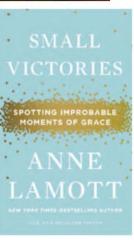
O'BRIENS

BY LISA GENOVA

"This is a heartbreaking look into a family marked by Huntington's disease. A middle-age cop learns that his clumsiness, short temper and scattered mind are symptoms of something more serious than stress or age. His religious wife is tested by the progression of the disease, and his children struggle with the tough choice of finding out if it's also their destiny.

> -Sandra Evans, 49, St. Paul, Minn.

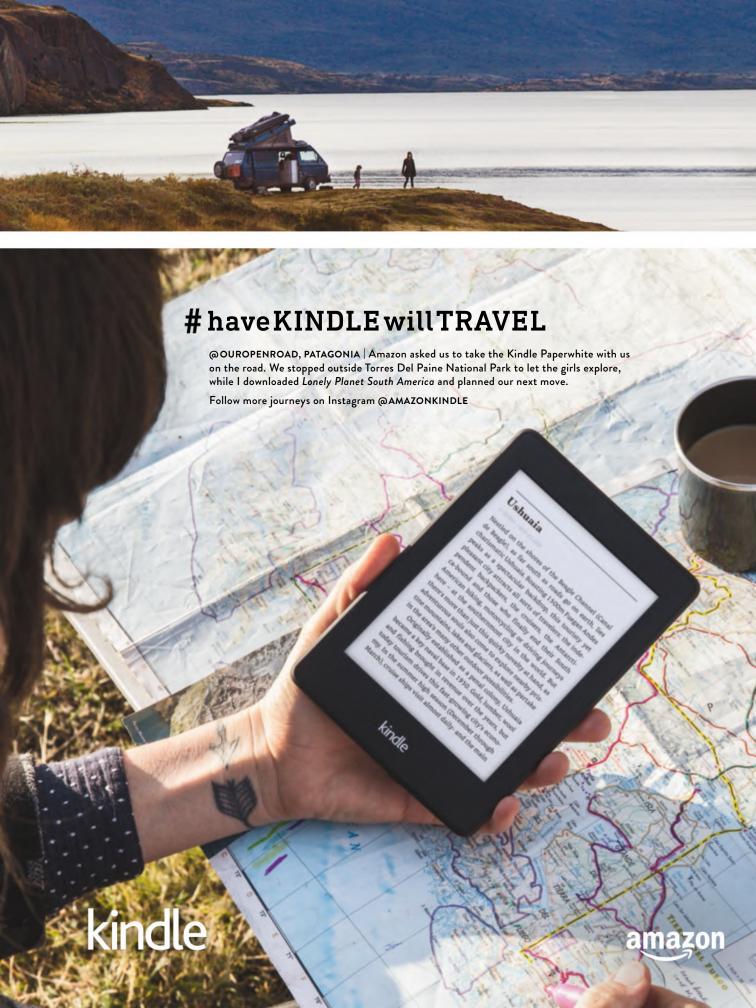




SMALL VICTORIES

BY ANNE LAMOTT

LaMott's candid essays draw on her life experiencesfrom growing up in the 1950s to joining Match.com as a grandmother. Throughout, she offers sage advice on finding forgiveness, handling grief and seeking joy even during the darkest of times.

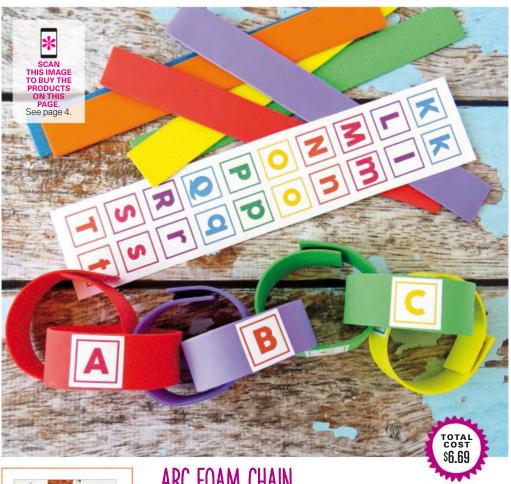




Fun Projects for Kids



Get out the scissors and gather the gang. Making these crafts is a great family activity





Looking for more kidfriendly projects? Check out Smart School House Crafts for Kids: Year-Round Projects for Holidays Parties and More by Kelly Dixon (\$16; at booksellers).

Adapted from Smart School House Crafts for Kids: Year-Round Projects for rear-nound riojects and More (pages 22-24; 56–58) by Kelly Dixon (Springville, Utah: Plain Sight Publishing, ©2015). Used by permission of Cedar Fort Inc.

ABC FOAM CHAIN

Help your children learn how to put letters in alphabetical order or spell words with these links.

STUFF YOU HAVE

Scissors

Hot-glue gun (optional)

Printer

Printer paper and craft glue OR adhesivebacked printer paper

STUFF YOU NEED

5 sheets 8" x 11" craft foam in a variety of colors (\$2.42; amazon.com) Sticky-back Velcro circles (\$4.27 for 52 pairs; amazon.com)

ABC letters

(download at blog .cedarfort.com/ smartschoolhouse)

Step 1 Cut craft foam into 1" x 8" strips. Step 2 Adhere Velcro to ends of foam strips. (You can use a dab of hot glue to attach Velcro so it's less likely to pull loose from craft foam.)

Step 3 Print ABC letters and cut them out. Glue each to center of a foam strip. Roll strips into loops to create chain. Tip: Make it easier! If you print the letters on sticker paper, you can adhere them to the foam strips without using glue. Plus, kids love to peel and stick the letters themselves.



WATERMELON **MAGNETIC**

Kids can use the magnets to practice addition and subtraction.

STUFF YOU HAVE

Ruler

Scissors

Construction paper in red and green

Craft glue

Pencil

STUFF YOU NEED

Steel pizza pan (\$3.82; walmart.com)

24 round magnets, 1/2" diameter (\$3.98; joann.com)

Step 1 Measure inside of pizza pan and cut a half circle that size out of red paper. Glue half circle to pan.

Step 2 Trace half of outer edge of pizza pan onto green paper. Using that shape, freehand-draw a green rind 1" thick. Cut it out and glue it to outer edge of pan. Add the "seeds"-the black magnets-and the board is ready for the kids to enjoy.



Finally, 100% natural lunchmeat that's 100% delicious.

Hillshire Farm Naturals. Slow roasted and perfectly spiced. With absolutely no artificial ingredients or preservatives. You'll love how it tastes or we'll eat the costs.

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Offer valid in USA, 18+ from 7/1/15 – 9/30/15. If we "Eat it": Limit 1 refund (up to \$7.00) per household. Offer good only with a qualifying purchase of a Hillshire Farm Naturals 8oz product. Void where prohibited.





Go ahead, get into a pickle

Cut the briny snacks into smaller bites. Be

sure to dry well before packing.

Brown-Bag Lunch Double dip **Shortcuts** Pack hummus (or

Enlist divided lunch boxes These gems help

control portions and cut down on plastic baggies. Food containers, \$14 for 4; easy lunchboxes.com.



Start the year off right with these 12 time-saving strategies and just-for-fun tricks

Prep sturdy veggies once

On Sunday, cut enough carrots and celery for the week; store in the fridge in an airtight container filled with water.



Incorporate breakfast

Hard-boiled eggs round out this vegetarian lunch. Other a.m. options? Waffles, muffins, bacon and sausage.

Who doesn't like pizza?

These pies are bagel halves topped with marinara and cheese. Cool completely before packing.



Make deli-meat 'roses'

A cute way to add protein: Fold ham or turkey slices in half, roll up and arrange around the box.



Get cheesy!

Use a cookie cutter (or a

paring knife) to

carve a letter or shape into the

wax shell of Mini Babybel cheese.

Squirt a little lemon juice over apple and avocado slices to prevent browning.



See page 4.











chocolate or a

cookie or two.



Experience more than just protection.
Experience soft, smooth underarm skin too.



9 out of 10 women agreed that it made their underarms soft and smooth.

*yourself

QUICK BEAUTY TIPS, STYLE TRENDS AND INSIDER ADVICE TO HELP YOU LOOK AND FEEL GREAT





1. BAR SOAP

Body Benefits Aqua Beauty Sea Foaming 2-in-1 soap and sponge, \$6; at Walmart.

WHY IT WON The lather is lush, and the rounded nubs act as tiny massagers, turning your shower into a spalike experience. The net sponge? A bonus!

2. BODY LOTION

Vaseline Intensive Care Advanced Relief Healing serum, \$8; at mass retailers.

WHY IT WON It doesn't sit, sticky, on the skin's surface, our testers confirm. Ultra hydrators, including glycerin, and nourishing fatty acids make skin butter-soft.

3. BODY WASH

♥ Reader's Choice

Dial Omega Moisture body wash, \$5; at mass retailers.

WHY IT WON Gentle on skin but tough on grime, this worthy wash doesn't strip the body of its natural oils.

TESTER'S TAKE

"I felt fresher, and my skin was much softer, even when I forgot body lotion." —Katrina Rasnake, 25, Lexington, N.C.

4. ANTIPERSPIRANT

Dove dry spray, \$6; at mass retailers.

WHY IT WON An invisible force field between you and your clothing, this spritz blocks sweat and odor without leaving any telltale residue.

5. SUNSCREEN

Neutrogena CoolDry Sport spray, SPF 70, \$12; neutrogena

WHY IT WON The clear mist dries in a unique mesh pattern, so sweat can escape and pores can breathe while still keeping you cool and shielded from harmful rays.



8. HAND CREAM

Sebamed hand and nail balm, \$13; sebamedusa .com.

WHY IT WON This fast-absorbing fix packs the moisture of an ointment without the greasy feel. Keratin strengthens nails.

9. SELF-TANNER

Jergens Natural Glow Instant Sun sunless tanning mousse, \$12; at mass retailers.

WHY IT WON The golden glow it imparts looks incredibly natural, our testers say, with no orange cast. Better yet: Color shows up in as little as an hour and continues to build until you take a shower.

the WINNERS

10. TOOTHPASTE

Colgate Enamel Health Multi-Protection toothpaste, \$4; at mass retailers.

WHY IT WON This minty paste is a multitasker: İt replenishes calcium for stronger enamel, relieves sensitivity and removes surface stains.

11. MOUTHWASH

Crest 3D White Luxe Diamond Strong mouthwash, \$6; at mass retailers.

WHY IT WON It makes good on its promise of fresher breath and brighter teeth. Plus, it has fluoride and bacteria busters. That's something to smile about!

*beautywinners



12. HAIR MASK

Hair Food Moisture hair mask, \$12; target.com.

WHY IT WON A weekly slather of this honey-infused mask makes brittle hair twice as soft, testers report.

13. VOLUMIZER

Tresemmé Youth Boost Youthful Fullness emulsion spray, \$7; at mass retailers.

WHY IT WON This weightless spray results in unparalleled fullness on the spot (plant proteins lift hair at the root) and over time (omega-3s, which decrease breakage).

14. MOUSSE

Göt2b Mind Blowing Quick Shape mousse, \$6; at mass retailers.

WHY IT WON This mousse gives hair remarkable body and shape without a hint of tackiness.

15. CONDITIONER

Aussie Total Miracle 7N1, \$3; at mass retailers.

WHY IT WON Loaded with amino acids, botanical oils and other nourishing ingredients, it solves all sorts of hair problems including dryness, split ends and frizz.

16. DRY SHAMPOO

♥ Reader's Choice

Clairol Professional iThrive dry shampoo, \$9; sallybeauty.com.

WHY IT WON The extra-fine mist absorbs oil and revives limp locks between washes, plus it leaves a subtle just-shampooed scent.

TESTER'S TAKE

"A lot of dry shampoos feel like hairspray, but not this one. It disappeared with the grease!"

-Sarah Davis, 26, West Mifflin, Pa.





HAIR DRYER

TO BUY THE PRODUCTS

ON THESE

PAGES. See page 4.

19. CURL ENHANCER

♥ Reader's Choice

against flatirons and

curling wands.

Suave Professionals Luxe Style Infusion Curl Defining gel serum, \$5; at mass retailers.

WHY IT WON You no longer need multiple products to achieve frizz-free, shapely spirals. This champ combines the moisture of a serum with the hold of a gel.

TESTER'S TAKE

"My curls held two days without getting frizzy or poufy.

-Mary Gainor, 39, Atlanta

20. SERUM

Herbal Essences Wild Naturals Rejuvenating Oil Elixir, \$6; at mass retailers.

WHY IT WON According to testers, even the wispiest strands can handle this weightless wonder. A couple of drops seal up frayed ends and add glossy sheen.

lightest mist we've tried, yet it still gives impressive hold. The conditioning formula leaves hair touchable, not shellacked.

22. TEXTURIZER

Toni and Guy Classic Wave Memoriser, \$15; at Target.

WHY IT WON Testers say this gel-cream is not too sticky or too creamy, so it's ideal for creating tousled waves sans stiffness. Styling polymers retain the texture until your next shampoo.

♥ Reader's Choice

Pantene Pro-V Full and Strong Body Building shampoo, \$4; at mass

WHY IT WON This gentle-but still sudsy-shampoo leaves hair fresh, bouncy and smelling great.

TESTER'S TAKE

"I love products that really lather up and give a thorough cleanse. This one lived up to my expectations.

–Ñancy Meng, 23, Fountain Valley, Calif.

24. AT-HOME HAIR COLOR

Schwarzkopf Keratin Color anti-age hair color, \$10; at Walmart.

WHY IT WON Gel-based pigment provides salon-worthy color that covers grays completely; a keratin complex helps prevent damage during the process.

the WINNERS MAKEUP

25. EYELINER
CoverGirl Intensify Me! eyeliner by LashBlast, \$9; at mass

WHY IT WON You can create precise lines with the thin . side or dramatic looks with the thick edge. Either way, this liner glides on easily no tugging or slipping—and the color doesn't budge.

<mark>26.</mark> Lip Gloss

Revion Ultra HD Lip Lacquer, \$9; at mass retailers.

WHY IT WON These liquid colors provide glasslike shine, making lips look instantly plumper.

27. Lip Balm

Burt's Bees squeezable beeswax, \$4: burtsbees.com.

WHY IT WON The all-natural balm harnesses the power of vitamin E to soften lips, plus beeswax to lock in moisture. There's no need to reapply every few minutes, our testers say.

28. POWDER

Pixi by Petra Correcting powder foundation, \$20; at Target.

WHY IT WON It's practically undetectable! The full-cover powder smooths skin and . dials down on oil without clumping or caking.

<mark>29. EYE SHADOW</mark>

♥ Reader's Choice

Circa Color Focus eye shadow palette, \$12; walgreens.com.

WHY IT WON This pretty palette packs everything you need: a base, highlighter and contouring shade for standout eyes.

TESTER'S TAKE

"I love that I didn't have to pack on a lot of shadow for color to show up.

—Carmelita de Leon, 21, Everett, Wash.

30. BLUSH

Flower Transforming Touch Powder-to-Crème blush, \$10;

WHY IT WON This breakthrough blush looks like a loose powder but melts into cheeks like a cream, imparting a natural flush.

31. BROW FILLER

Maybelline Eye Studio Brow Drama Sculpting Brow mascara, \$8; at mass retailers.

WHY IT WON The small, rounded spoolie brush sculpts arches while coating them in tinted gel for born-this-way fullness.

32. Bronzer

Physicians Formula Argan Wear Ultra-Nourishing argan oil bronzer, \$15; physicians formula.com.

WHY IT WON This golden powder brightens skin in just one sweep. According to our testers, it has the slightest amount of iridescence, which lends a sunlit glow without looking too shimmery or fake.

33. FOUNDATION

Rimmel Lasting Finish 25HR foundation with Comfort Serum, SPF 20, \$8; at mass retailers.

WHY IT WON This light base goes beyond amazing coverage—it has sunscreen to ward off skin damage, plus antioxidants and vitamin E to keep skin supple.

34. MAKEUP BRUSH

EcoTools Complexion Collection Skin Perfecting brush, \$8; ecotools.com.

WHY IT WON Its dense bristles deposit an even layer of foundation, and the rounded brush head makes it easier to blend over tricky spots such as the eyes and the nose.





35. CC CREAM

Nuance Salma Hayek Color and Correct CC cream, SPF 20, \$15; cvs.com.

WHY IT WON Don't let its green tint fool you-this cream blends into a universally flattering shade that conceals redness and discoloration. White tea leaves and three vitamins-B3, C and E-promote natural radiance.

36. LIPSTICK

Reader's Choice

Almay Smart Shade Butter Kiss lipstick, \$7; at mass retailers.

WHY IT WON Made to complement a variety of skin tones, this collection takes the guesswork out of finding a flattering shade.

TESTER'S TAKE

The color stays true but isn't too intense on lips.

–Marissa Mayhorn, 24, Seguin, Texas

37. MASCARA

🕶 Reader's Choice

Avon SuperExtend Winged Out mascara, \$8; avon.com.

WHY IT WON The magic wand has hundreds of bristles to coat lashes at every angle and inky fibers to amp up length and volume.

TESTERS TAKE

"With just one coat, my lashes looked insanely longer, like I had applied a fake pair."

—Sannie Ng, 25, New York City

38. CONCEALER

Laneige Cushion concealer, \$20; at Target.

WHY IT WON The extracreamy formula covers blemishes and undereye circles without feeling-or looking-like an extra layer under makeup.



the WINNERS





PROTECTEUR 33 mL (0.11 US fl oz.)

39. NAIL ART

Kiss Salon Secrets Rococo Veil kit, \$4; at Walgreens.

WHY IT WON Perhaps the quickest way to glam up your DIY manicure, this , kit includes two sheets of pretty stick-on designs, one sheet of rhinestones and a clear topcoat.

40. NAIL POLISH

L'Oréal Infallible Pro-Last nail color, \$10; at mass retailers.

WHY IT WON A saturated shade on one side; on the flip, a tinted topcoat to amplify shine. The simple two-step process delivers a salon-quality manicure that lasts up to two weeks.

the WINNERS

42. BRIGHTENER

Yes to Grapefruit Pore

WHY IT WON Alpha

hydroxy acids remove

instant glow. Brighteners

BRIGHTENING PEE

96% Natural Produce 2 fl oz / 60 ml

Protect

& Perfect

ADVANCED

Hypo-allergenic

SOM CIUSTION

vitamin-C and lycopene

dulling dead skin for

dim dark spots with

consistent use.

43

Perfection peel, \$16; at Target.

41. FACE OIL

Sonia Kashuk **Radiant Boost** Restorative facial oil, \$15; at Target.

WHY IT WON It's full of fatty acids and botanical extracts to help replenish natural oils that get depleted with age. The result: major dewiness!

43. SERUM

Boots No. 7 Protect and Perfect Advanced serum, \$23; at Target.

WHY IT WON This powerful serum neutralizes damaging free radicals. It also inhibits the breakdown of healthy tissue in mature skin.

44. CLEANSER

CeraVe Renewing SA cleanser, \$13; at Target.

WHY IT WON This wash has salicylic acid to deep-clean pores without stripping skin of oils, plus ceramides to restore moisture.

45. NIGHT CREAM

Garnier Ultra-Lift Miracle Sleeping cream, \$17; at mass retailers.

WHY IT WON This product rejuvenates skin while you sleep, almost like an intensive mask. Testers said skin felt noticeably smoother and more supple come morning.

46. GENTLE CLEANSER

Simple Skincare Micellar cleansing water, \$7; at Walmart.

WHY IT WON This soap-free cleanser dissolves dirt and makeup while soothing the skin.



RADIANT BOOST RESTORATIVE FACIAL OIL

ET no POUF

1 FL OZ / C

SA Cleanser

FOR NORMAL SKIN

41

HUILE RADIEUS

AGI

Total Effects

FEATHER WEIGHT MOISTURIZER

47 simple REVITALIFT micellar

SCAN THE KASHUK FACE OIL TO BUY THE PRODUCTS ON THESE PAGES. See page 4.

47. ANTI-AGER

L'Oréal Revitalift Volume Filler daily moisturizer, \$25; at mass retailers.

WHY IT WON The water-retaining formula helps skin maintain volume, resulting in cheeks that have more cushion and bounce.

48. ACNE TREATMENT

AcneFree drying lotion, \$6; at Walgreens.

WHY IT WON

It obliterates blemishes fast, without overdrying. Salicylic acid unplugs pores, sulfur dries up oil and calamine soothes redness.

49. DAY CREAM

AcneFree.

Drying Lotion

1.0 FL OZ (30 mL)

♥ Reader's Choice

Olay Total Effects Feather Weight moisturizer, SPF 15, \$20; at mass retailers.

WHY IT WON The sheer formula delivers maximum hydration with a light touch. Plus, it packs potent anti-aging ingredients including sunscreen to keep skin younger-looking.

TESTER'S TAKE

"It sunk in immediately, layered well under makeup and kept my skin silky all day."

-Maria Ricapito, 51, Philipstown, N.Y.

50. FACIAL MASK

Reader's Choice

Patchology FlashMasques, \$50 for a box of 8; patchology.com.

WHY IT WON These fast-acting disposable cloths require only five minutes of your time for major radiance.

TESTER'S TAKE

"It felt wonderfully relaxing on, and when it came off, my face was glowing like a child's." -Julie Traber, 46, Norman, Okla.





STYLING TIPS

Three bloggers show off their favorite **figure-flattering outfits** and tell you how to get the look





"THIS OUTFIT
IS PERFECT FOR
WHEN I WANT TO
STAY COOL AND
COMFORTABLE BUT
NEED TO APPEAR
PULLED TOGETHER."

EZ LEWIS (NORMAN), LUCAS VISSER OTOGRAPHY (ALL STILL LIFES)



GET YOUR FEET AND HEELS SMOOTH FOR THE SUMMER!



DR. SCHOLL'S® DREAMWALK™ **EXPRESS PEDI™ FOOT SMOOTHER**

Rough heels and feet won't disappear on their own. You need Dr. Scholl's® DreamWalk™ Express Pedi™ Foot Smoother. It has advanced spin technology. It's easy to use with no sharp blades and no soaking required.

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*goodtoknow

Smart Beauty Advice

Simplify your routine with tips from our beauty director



ILANA BLITZER



YOU'RE GOLDEN

I'm always on the lookout for the perfect self-tanner, which, for me, is one that goes on takes my skin from super fair to safely sun-kissed. Found! L'Oréal Sublime Bronze self-tanner (no standing around naked in my bathroom as I wait for the formula to dry). After three consecutive days of use, I build up to a natural-looking tan that lasts two L'Oréal Sublime Bronze self-tanning serum, \$11; at drugstores.

Take a time-out

When the weather is nice, who wants to be inside, fussing with her skin and hair? Thankfully, less is often more when it comes to looking great this time of year. Here are three beauty routines you may omit during the summer.

SKIP DAILY EXFOLIATING

You might be tempted to reach for scrubbing grains to remove excess oil and dead skin cells. but hands off: That could make skin produce even more oil in response. Limit scrubbing to once or twice a week, max.

SKIP YOUR MORNING BLOWOUT

When humidity is on the rise, it's not worth trying to coax your strands completely smooth with a blow-dryer. Frizz happens. Instead of fighting it, work with your hair's natural texture and play up what you've got.

SKIP PEDICURES

Allowing toenails to breathe is healthyespecially if you're heading to the sea, as salt water is a natural disinfectant and exfoliator. Keep toes pretty by buffing them and brushing on cuticle oil.



Express Pedi Foot Smoother

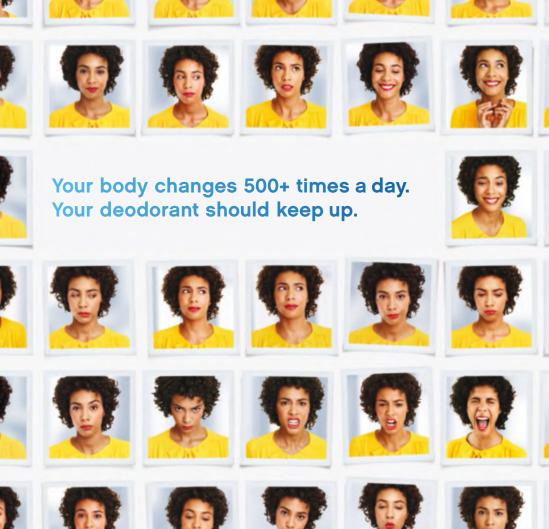
Get Your Feet & Heels Smooth for Summer



- Easy to use with No sharp blades
- NO soaking required
- Advanced Spin Technology













*yourhealth

BREAKING NEWS, FITNESS KNOW-HOW AND SMART STRATEGIES TO BOOST WELLNESS

3 Ways to Get Moving With Your

MATE

Start a fitness routine with your partner and you'll reap health *and* relationship benefits. Talk about a wellness win-win!

GO BACK TO BASICS

Put an after-dinner walk with your husband on your calendar for three evenings each week—it can be a good time to check in with each other, too. Or make it a family activity; children can ride bikes or scooters while grown-ups power-walk. Schedule active time for the weekends as well, even if it's playing in the yard with your kids.

BE TOGETHER BUT SEPARATE

At the gym, are you more treadmill and your husband more bike?
Not a problem! There are benefits to working out independently but at the same time. You each get to do the type of fitness you enjoy most, but going together still keeps you accountable and gives you the motivational push to stick with your routine.

JOIN A GROUP FITNESS CLASS

Many men balk at the thought of taking a group exercise class. But most gyms these days now have more athletic classes (such as a version of the popular CrossFit), which your partner might not be as averse to. Think less choreography, more push-ups. Test the waters by streaming a class on YouTube (visit youtube .com/user/BeFit).

70%

THE APPROXIMATE
PERCENTAGE OF PEOPLE
WHO STARTED EXERCISING
ON A REGULAR BASIS WHEN
THEY WORKED OUT WITH
A ROMANTIC PARTNER,
ACCORDING TO A STUDY IN
JAMA INTERNAL MEDICINE

PROXIMATE
AGE OF PEOPLE
TED EXERCISING

IS CONTAGIOUS!
If one person in a couple amps up his or her exercise

regimen, the other is more likely to follow suit, according to a recent study by the Johns Hopkins Bloomberg School of Public Health and

Tel Aviv University.

FITNESS REALLY

Sources: Chris Freytag, personal trainer in Minneapolis and founder of GetHealthyU.com; and Lisa Marie Kinder, trainer and star of the 10 Minute Solution: High Intensity Interval Training DVD



23RF (BOXER)

'I GOT MOTIVATED!' "My husband and I work out together even though I have to do modified versions of the exercises. We also take walks together, and he is very supportive—I know he walks slower so we can do it with each other. He still runs and bikes without me, but I'm fine with that because we have our joint exercise time." —Angela D. Anderson, 53, Anchorage, Alaska

READY TO ACE BACK-TO-SCHOOL?



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- Everyone's schedules and activities, all in one place
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KEEP KIDS HEALTHY All Year Long



Sports physicals. Immunizations. Dragging your 13-year-old out of bed before 11 a.m. The start of the new school year requires so much more than shopping for shoes and notebooks, especially when your child's

health and safety are involved. Here's everything you need to know to make it a breeze By Hallie Levine

EVERY MOM'S

• Are your kids up to date on their

- **Each year:** Flu vaccine, either as an injection or in nasal mist form. It's usually available as early as September or October.
- Between ages 4 and 6: Boosters for DTaP (diphtheria, tetanus and pertussis [whooping cough]), IPV (polio), MMR (measles, mumps and rubella) and varicella (chicken pox)
- Mages 11 and 12: Tdap (tetanus, diphtheria and pertussis) booster; HPV (human papillomavirus; three-shot series given during a six-month period); first dose of MCV4 (meningococcal disease)
- Age 16: MCV4 booster



2 Are they up to date on their checkups?

- An annual well-child doctor's visit, which includes vision and hearing screenings and, after age 11, a screening for depression
- Dental cleaning and exam every six months
- Cholesterol screening between ages 9 and 11 and again between 17 and 21, according to the American Academy of Pediatrics (AAP)
- Screening for HIV at age 15
- Sports physical (usually required at the high school level)

Open Does the school have current medical information?

If your child has developed new allergies, asthma or any other medical condition, make sure that information is given to the school nurse before the start of the year.

Open Does the school have all necessary medications?

You'll need a doctor's order for each one-whether it's taken daily or just for emergencies, such as an EpiPen—detailing clear instructions on administration for the nurse. All medicines must be stored in the original pharmacy container and clearly marked with your child's name.

Is your emergency contact information correct?

If the school has to use it, you don't want someone trying to call you at a work number from three jobs ago.

BREAKFAST of CHAMPIONS

Up to 12 percent of all U.S. kids skip breakfast, according to the AAP, despite robust evidence that eating a morning meal boosts focus and cognition. What they eat matters, too: The more food groups kids consume at breakfast, the better they do in school. Some smart choices:

Instead of... A fast-food bacon, egg and cheese sandwich

A homemade egg sandwich made with a whole-grain English muffin, 2 egg whites, a slice of turkey bacon and a slice of fat-free American cheese

This combo has virtually no saturated fat but is rich in satiating protein and fiber.

Instead of... Waffles with syrup

SERVE...

A whole-wheat toaster waffle topped with ¾ cup plain low-fat Greek yogurt and ¾ cup blueberries

The yogurt and blueberries sweeten the waffle while providing a hefty punch of protein and fiber.



Instead of... A bagel with butter and OJ

SERVE...

A mini whole-wheat bagel topped with 1 Tbsp. peanut butter, plus an orange

The mini bagel has half the carbs but is higher in fiber, which helps to keep blood sugar levels stable (so your kid won't crash). Nut butter provides a solid source of protein and healthy, filling fats. Skip juice: Whole fruit has more fiber and is more satiating.

Instead of... Toaster pastries

SERVE...

1 slice whole-wheat toast, 1 oz. soft cheese (like Laughing Cow), 1 tsp. honey and a small handful of nuts

This breakfast has about half the sugar with a lot more staying power. The honey provides sweetness, and the nuts and cheese offer protein and fat.



Pick a better backpack

down! An overloaded or incorrectly worn pack can cause pain and strain in your child's back, neck and shoulders, Look for these features.



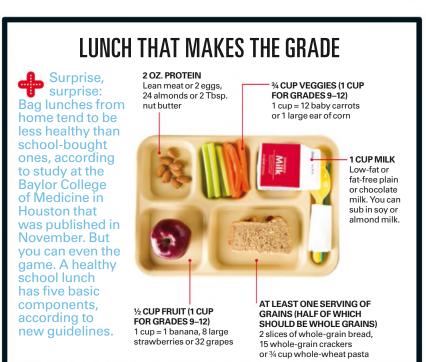
kid's backpack (and pricier) but helpful for distributing weight and taking pressure off little shoulders.

LIGHTWEIGHT

The total weight of a full backpack shouldn't be more than 15 percent of your child's body weight-that means an 80-pound kid should carry 12 pounds, max. If your child needs to haul more than that, consider a rolling backpack (check to make sure it's allowed).

GETTY IMAGES (SANDWICH, WAFFLE, ORANGE SLICES, ALMONDS, GIRL WITH BACKPACK), 123RF (BAGEL, BREAD WITH CHEESE)





Keep 'em moving

Exercise can have a big impact on your kids' grades as well as their moods. Physically fit kids have better brain health and cognitive ability than their couch-potato peers, according to a University of Illinois study. Your mission: Make sure your children get 60 minutes of physical activity each day.

☑ Give kids chores.

Vacuuming, laundry, cleaning and walking the dog all keep them moving while teaching responsibility.

▼ Exergame, Turn screen time into a healthy activity with games from Dancetown. Kinect, Wii and Xavix. In fact. playing the games for 10 minutes produces as many benefits for kids as walking for 10 minutes on a treadmill. according to a recent study from the University of Massachusetts.

✓ Set up a family challenge. Every day, have a new competition: Whoever does the most push-ups, squats or jumps that day wins.

▼Run drills. Set up four cones in a line, 10 to 20 yards apart; give each a number. Have the kids start at the same spot. Blow a whistle and call out a number. Each kid runs to that cone and does an exercise (jumping jacks, squats, hopping on one foot) until you blow the whistle again. Have them run back to the start. Repeat.



who aren't

aerobically

fit are more

likely to

fail tests.

according

to a recent

study.

On day som Exa sit a on t jum feet run (get pos slid

Let them walk to and from school. You'll save money on gas, too.

☑ Host an indoor obstacle course.

On a rainy or cold day, supervise some indoor fun. Examples: couch sit and jump (sit on the couch, then jump onto your feet); kitchen sock running man (get into push-up position and slide your feet up, down and all around for 30 seconds while wearing slippery socks); hallway sprints.



Protect their heads

We've heard a lot lately about head injuries and pro football players, but kids are at risk, too. ER visits for sports-related concussions increased 92 percent among children and teens from 2002 to 2011, according to a 2013 Cincinnati Children's Hospital study. It's not just a worry for guys who play football; some studies suggest that girls are more susceptible to such injuries than boys are. The most common causes are bicycling, football, playground activities, basketball and soccer, according to the American Headache Society. You can't bubble-wrap your kids, but you can minimize the danger.

DO

pick their sports carefully. Starting tackle football before age 12 might damage later in life. according to a recent Boston University study.
One reason is that although kids are required to wear helmets, their necks might be not strong enough yet to support them, so their heads are more likely to snap back. Another sport to delay until later years is ice hockey.

DON'T

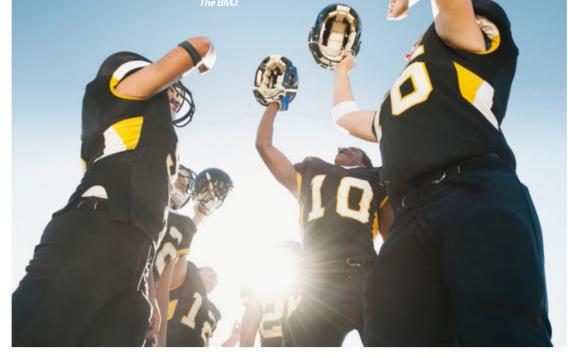
think a helmet equals safety. Although a helmet can keep an athlete from cracking his skull, it doesn't prevent concussion. In fact, the criticized for giving players a false sense of security, so they feel free act more aggressively, cording to a 2013 experi review published in *The BMJ*.

DO

know the symptoms of concussion. Emergency room visits for concussions are up, but the good news is that most cases are less severe than in the past—which indicates people are seeking treatment earlier. If your child gets hit in the head and complains of headache, nausea or dizziness or appears confused, even if she didn't black out, get he checked immediately.

DON'T

let your child return to normal activities until her symptoms are gone. A kid is probably fine to return to school after a mild concussion, but the moment the headache returns, she should go to the nurse's office and most likely go home. If she take her longer to recover.





Six ways to chase off colds and flu

On average, American kids come down with six to 10 colds per year-not a shocker considering how easily germs get passed around at school.

O Get the flu shot for everyone. It doesn't prevent colds, but it does offer immunity against the influenza virus, which can leave your child flattened for up to a week. Although the vaccine is not 100 percent effective, if your child still comes down with the flu, chances are he'll have a milder case.

@ Teach the right way to wash up. Children who wash their hands four times a day have 24 percent fewer sick days due to colds and 51 percent fewer sick days due to stomach bugs. To wash properly: Wet hands with warm, running water, apply soap and rub hands together vigorously for 20 seconds before rinsing and drving with a paper towel or hand dryer. In a pinch, use an alcohol-based hand sanitizer.

Sharpen pencils at home, not school.

The classroom pencil sharpener is one of the germiest places at school, according to a study done at the University of Arizona.

Pack a water bottle. Water fountains are another hotbed of University of Arizona

germs, according to the research, so send kids to school with their own reusable H2O bottle instead.

6 Send in disinfecting wipes. Tell kids to wipe down their desks with a disinfectant wipe at least once daily-doing so actually reduces school absenteeism by 50 percent, according to the University of Arizona study.

O Don't smoke at home. Children exposed to secondhand smoke can have more colds and take longer to get over them, according to the **American Academy** of Pediatrics.

Our eyes take in a lot. In fact, they're our

#1

sense. So if your contacts are irritating, that's a big problem. Any eye

DOCTOR

worth their phoropter will send you straight to the eye care aisle for a bottle of the most

RECOMMENDED

solution on the shelf, so you can see why doctors trust the cleaning, disinfection and comfort of OPTI-FREE® more than any other

BRAND



PERFORMANCE DRIVEN BY SCIENCE™





Oh, ick! NASTIES THAT **COULD COME HOME**

HEAD LICE

They're especially likely to crop up during back-to-school season. TREAT IT Most of the time you can safely get rid of them with an OTC lice shampoo such as Rid. You'll also have to comb out nits (lice eggs) with a fine-toothed comb; wash blankets, sheets, towels and hats in hot water; and seal up favorite stuffed animals, combs, toys and other items in ziplock bags for at least two weeks. **PREVENTIT** Discourage your kids from sharing hats and brushes, which are an easy way for these bugs to spread.

PINKEYE

Kids miss 3 million days of school a year due to this condition, also known as conjunctivitis.

TREAT IT Although it's usually caused by a virus, you should still see the pediatrician, who can ensure it's not a bacterial infection requiring antibiotic eye drops. Most schools require a doctor's note before your child can return to class.

PREVENTIT It's highly contagious, so insist on frequent hand-washing.

STREP THROAT

Red flag: a sore throat with symptoms such as fever and headache but without signs of a cold, like stuffiness and coughing. TREAT IT Your doctor can do a rapid strep test in her office and get results within minutes. It's treated with antibiotics; your child can return to school after 24 hours.

PREVENT IT Wash hands often and don't share drinking glasses, forks or similar items. To prevent reinfection, replace your child's toothbrush 24 hours after she starts antibiotics.



GO TO SLEEP!

With summer winding down, it's time to put regular bedtimes back on your radar. Skimping on Z's can affect kids' immunity, blood pressure, schoolwork and more. In fact, children in a recent study at the Douglas Mental Health University Institute and McGill University in Quebec who regularly got a good night's sleep performed better in math and languages than those who weren't as well rested. Help your kids max out their rest.

☑ Transition back to a school-year schedule gradually. Kids going to bed late and waking up late? Two to three weeks before the first day of school, move bedtime up by a half hour (if they've been going to bed at 10, say, get them to bed at 9:30) and wake them up 30 minutes earlier, too. Every three days, move up bedtime and waking time a half hour until you've reached your target.

☑ Don't allow phones or tablets in the bedroom at night. Kids with such devices in their room get less sleep and experience more daytime sleepiness than those who slumber in a tech-free zone, according to a recent University of California at Berkeley study.

▼Keep bedrooms cool. The best temperature for kids' sleep is 68 to 72 degrees. If they're too hot, their bodies can become restless-which would interfere with the quality of their sleep.

W Wash sheets with a lavender-scented detergent. Several studies say the aroma decreases blood pressure and heart rate. One found that folks who sniff lavender before bed have deeper sleep and more energy in the morning.

▼Institute a power-down hour. The last 60 minutes before bed, dim the lights and put on soft music to signal it's wind-down time. (No television or other stimulating electronic devices.)



For kids age 7 to 11 in a 2012 study, getting that much more sleep each night helped them be less impulsive less distracted and less likely to have temper tantrums.

▼Get snoring checked out. If it happens regularly, and it appears unrelated to colds or allergies, talk to the pediatrician. Snoring might be a sign of sleep apnea, a condition in which breathing stops and starts during sleep. It can affect kids' academic performance by worsening their memory and concentration. And the condition can make it more likely that kids will be misdiagnosed with a problem such as ADHD. In fact, children who snore might be more likely to require special-education services, studies have shown.

TIME TO UNPLUG: TEENS WHO USED A COMPUTER FOR MORE THAN FOUR HOURS AFTER SCHOOL WERE THREE TIMES MORE LIKELY TO CLOCK FEWER THAN FIVE HOURS OF SLEEP AT NIGHT.

Sources: Michael Breus, PhD, author of Beauty Sleep; Marina Chaparro, RDN, Academy of Nutrition and Dietetics spokeswoman; Joseph Congeni, MD, director of the Center for Orthopedics and Sports Medicine at Akron Children's Hospital in Ohio; Jacque Crockford, exercise physiologist at the American Council on Exercise: Charles Gerba, PhD, professor of microbiology at the University of Arizona, Neal D. Hoffman, MD, medical director of the Montefiore School Health Program in Bronx, N.Y.; Kristi King, RD, clinical dietitian at Texas Children's Hospital; Rita Patel, MD, professor of pediatrics at Beaumont Hospital in Royal Oak, Mich.; Joseph Rempson, MD, medical director of the Center for Concussion Care and Physical Rehabilitation in Summit, N.J.; Neil Schachter, MD, professor of community medicine at the Icahn School of Medicine at Mount Sinai in New York City



Eat-Right Solutions BUSY

MAC AND CHEESE! AVOID THESE COMMON PARENTAL DIET PITFALLS TO GET HEALTHIER (AND SLIMMER!) IN NO TIME

By Cari Wira Dineen



Eating endless empty calories at birthday parties

Every weekend, it's another kiddie party. So every weekend, you end up mindlessly munching pizza, hot dogs, chips and cake.

GET BACK ON TRACK Before you leave for the party, take the edge off your hunger with a snack that combines protein, fiber and water. Try 1/4 cup of hummus with unlimited amounts of your favorite vegetables (baby carrots, sugar snap peas, cherry tomatoes, celery or bell peppers).

To avoid grazing out of boredom, start a conversation with another parent or offer to help the host. Arm yourself with a low-calorie beverage, like club soda with a splash of juice, to occupy your hands and taste buds. Dying for a piece of cake? Go ahead, but make it a small one—and be sure to resist the urge to finish your kid's slice after she licks off the frosting.



Cleaning your kids' plates

Two chicken nuggets and a mouthful of corn was just enough for your 4-year-old. You're not hungry yourself, but you hate to let the rest of her food go to waste.

GET BACK ON TRACK It seems harmless to pick up a bite here, a mouthful there. But they add up: Each forkful of an indulgent food is around 50 calories a pop, meaning four extra bites of mac and cheese would cost you a whopping 200 calories. Do that twice a week and you'll gain 6 pounds in a year without even noticing.

A simple strategy to help you break the habit: For the next few days, every time you're about

to pick off your kids' plates, put those

bites into a container in the fridge instead of your mouth. Seeing just how much it amounts to is likely to be a wake-up call, Still tempted? As soon as your kids are finished, remove the plates





Going overboard on the baked goods

You love making cookies and muffins with the kids. The downside: Someone's got to eat all those goodies.

GET BACK ON TRACK Baking doesn't have to be unhealthy. Swap in whole-wheat flour for

white flour, applesauce instead of butter or oil, and raisins for chocolate chips.

Shrink portions by making mini muffins or bars and halving recipes so you have fewer leftovers.

Remember, too, that you also can have your children help prepare healthy meals. A few fun ways to get the kids involved: Take them shopping and ask them to

pick vegetables and fruits that will build a rainbow salad. (One rule: If they choose it, they have to try it!) Browse through a healthy cookbook or a blog together and have them select a recipe to help make for dinner. Give them ageappropriate tasks when you're in the kitchen, whether it's rinsing veggies, mixing a salad or stirring a sauce. It's a great opportunity to instill proper eating habits—and kitchen skills-that can last a lifetime.



Making two dinners everv evenina

You cook something fast and kid-friendly for your children to eat early, then another meal for the grown-ups later. But when you're sitting at the table with the kiddos, you can't help but sneak a bite or two (or more).

GET BACK ON TRACK Do yourself a favor and cut out the extra work by making one meal the whole family can enjoy together. Try creating leaner versions of your kids' favorites, such as turkey tacos, pizza made with toasted whole-wheat pita bread and reduced-fat mozzarella, baked sweet-potato fries and oven-baked chicken fingers.

Still, if you've got little kids, chances are they need to eat on the early side to accommodate their bedtime. In that case, sit down with them while they have their dinner and enjoy your own "starter"-for example, a small salad sprinkled with flaxseed for extra protein, hummus and veggies or a broth-based soup. Such options are all low in calories but fill you up-which prevents you from overeating later. Your partner also can refuel with the same starter and then jump in to help with bedtime. Once the kids are tucked in, enjoy your main course together, knowing that you're in control of your mealtime decisions.



Relying on fast food

You're out running errands or chauffeuring the kids to and from activities when hunger strikes. Everyone is starving, and the drivethrough is the easiest way to feed them fast.

GET BACK ON TRACK You can find diet-friendly options on the menu of most fast-food places. Your best bet is probably a grilled (not crispy or breaded) chicken sandwich, a wrap or a salad with condiments and dressings on the side. For breakfast, grab oatmeal, an egg-white sandwich or a fruit-and-yogurt parfait.

Better yet, stock your freezer and pantry with healthful options that can be whipped up in a pinch as

soon as you get home: frozen pizza with whole-grain crust, wholewheat pasta with tomato sauce and broccoli or frozen entrées (choose meals that contain lean protein,

veggies and a whole grain such as brown rice, are 350 calories or less and are low in sodium). Serve with a preportioned bag of sliced apples or carrots and dinner is done.



Forgetting to eat at all

You're so busy rushing around that you skip lunch—and are ravenous by the end of the day.

GET BACK ON TRACK Although skipping meals might seem like an easy way to cut calories, not eating all day and then sitting down to a big meal is one of the worst things you can do. Not only are you likely to overeat once you have dinner, but going so long without eating actually slows your metabolism—your body thinks it's starving!

If you really don't have time to sit down, keep portable,

healthyeating*

healthy options on hand: granola bars, yogurt, 100-calorie packs of almonds, cheese sticks, brown-rice cakes or an apple. Schedule mealtimes into your day (program lunch into your calendar if you have to!), and do a big food prep on Sunday so you don't have to think about what you're making throughout the week and there's always a good-for-you meal ready to pull



3 SMART SNACK STRATEGIES

DON'T eat a morning snack. Dieters who didn't snack between breakfast and lunch lost more than 4 percent more weight (about 7½ more pounds) in a year than morning snackers, according to a study in the Journal of the Academy of Nutrition and Dietetics. Morning munchies likely happen out of habit rather than true hunger.

DON'T skip snacks altogether. In a study published in *The Journal of Clinical Investigation*, researchers found that the longer folks had gone without eating, the more interested they were in high-calorie foods. Try to eat every three to four hours to keep blood sugar levels steady and stable.

Dhave treats. Small indulgences help you lose weight and keep it off, research says. Depriving yourself makes you yearn for treats more—and you're more likely to binge when you do cave. Go for quality treats: 1 ounce of 75 percent dark chocolate, one glass of red wine or ½ frozen banana with almond butter and dark-chocolate chips.



Gorging on gummies

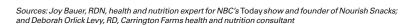
When you pass out cookies, chips and fruit leather, you end up treating yourself, too.

GET BACK ON TRACK Offer up healthy snacks first-your little ones might be just as happy with a piece of fruit or some nuts as they would with a bag of chips or cookies. If you're shaking your head and thinking, Not my kid, then you might have to get a little more creative. Try serving "sandwiches" made of apple slices and almond butter: jazz up plain yogurt with a tablespoon of chocolate chips; sprinkle cinnamon on air-popped popcorn; blend a frozen banana into a thick puree for "ice cream."

You can still keep the fish crackers and bunny grahams; just control the portions. Stock

up on 100-calorie







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Smart Health Advice

One top doctor's straightforward solutions for your intimate concerns



Three signs you need a new OB

Having a baby is obviously a big deal. So if you're pregnant and don't think your doctor is the right match, switching to a different health care provider is a necessary, though stressful, step. Here are signs you should find a better doctor.

YOUR DOCISN'T FLEXIBLE ABOUT YOUR BIRTH PLAN For example, you want to try a drug-free birth, and your OB seems dismissive or jokes that you'll surely be begging for an epidural. Time to move on!

OUR DOCTOR EEMS UNINTERESTED. If you feel more comfortable with a provider who has a nurturing personality but your doctor acts cold during your checkups, or if it feels like your OB isn't listening to you or isn't available for questions, seek out another.

THE OFFICE FEELS RUSHED—ALL AROUND. A popular practice is going to be buzzing, but if you feel hurried out the door, booking your next appointment seems virtually impossible or wait times are getting out of hand, find an office that isn't as busy.

Sprung a leak?

Here's something that can change after childbirth: You might notice that you leak when laughing or sneezing. Such stress incontinence sometimes happens when the muscles and ligaments that help with bladder control weaken during pregnancy and childbirth. The good news is that strengthening your pelvic muscles with Kegel exercises and making other behavioral changes (such as avoiding large amounts of coffee, which might irritate your bladder) can really help.





EASE THOSE OUCHES

This season is about fun in the sun—but all that play can leave you and your family with bumps and bruises. Keep your first-aid essentials (Band-Aids, Neosporin) in this stylish bag by Oh Joy so you'll have them handy in an emergency.

\$6, or free with purchase of three qualifying products; target.com.

'I wasn't expecting that!'

Just when you thought your checkup was done, surprise! Your doctor tells you she's going to do a rectal exam. Although not all gynecologists do one, it's a two-second bit of unpleasantness that can be very helpful. Here's what happens: Your doctor inserts a gloved, lubricated finger into your rectum while pressing on your belly; typically, it doesn't hurt. The main goal is to check the back part of your uterus. It's also one way to detect endometriosis, a painful disorder in which the tissue that normally lines the inside of your uterus grows outside of it. If you've just had a baby, don't be surprised if your obstetrician does the exam to check for adequate healing between the vagina and the rectum.



THE 411 ON THAT

You're washing yourself suddenly feel...a lump. sex, wearing tight a look. The doctor warts, which are small, fleshy growths, bumps

THE BEST WAYS TO PROTECT YOUR BONES

You already know it's crucial for your bone health to make sure you're getting enough calcium (1,000 milligrams per day for most women, including those who are pregnant or breast-feeding, and 1,200mg if you're older than 50), and you probably know the importance of enough vitamin D (600 international But high-impact weight-bearing exercises also should be part of your daily routine. That includes workouts such as dancing, hiking, jogging and build bones and keep them strong. Paying attention to diet and exercise in your 20s and 30s helps you build and maintain peak bone mass throughout bone buildup. You'll want to continue working out. And, if needed, your doctor might discuss estrogen options.

Birth control after baby

Chances are, if you were satisfied with the birth control you used pre-kids, whether that's the pill, the ring or condoms, you're ready to return to it. But it's worth exploring other options, includina Natazia, a newerto-market oral birth control pill

that might be better

if you get migraines or have a family history of blood clots. Another option: an intrauterine device (IUD), which can



even be inserted into your uterus on the day you deliver your baby. Unlike estrogencontaining birth control pills, an IUD does not interfere with lactation. so you can breast-feed while using one. (An IUD uses either copper or progestin to make the lining of the uterus unsuitable for pregnancy.) Your doctor can remove the IUD if you want more kids later.



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White-Chocolate Strawberry-Yogurt Ice Pops

COST PER SERVING \$2.22 HANDS-ON 15 min. TOTAL 6 hr. 15 min. SERVES 6

- 1 cup sliced strawberries
- 1/3 cup superfine sugar
- 1 tsp. vanilla extract
- 2 cups plain yogurt
- 8 oz. white chocolate, finely chopped
- 1/4 cup coconut oil
- 1/3 cup sprinkles
- Combine strawberries, sugar and vanilla in a large bowl. Mash berries with a fork until sugar has dissolved. Mix in yogurt.
- Divide mixture among4-ounce ice-pop molds.
- Top with lids. Insert a craft stick into each mold. Freeze for 6 hours or until frozen.
- 3 Place sprinkles on a small plate. In a tall microwave-safe glass, microwave chocolate and coconut oil on high until just melted, about 1 minute. Stir until smooth. Allow to cool to room temperature. Remove pops from molds and dip ends in melted chocolate, letting excess drip off, then quickly roll in sprinkles. Serve immediately.

PER SERVING (1 POP)

422 Cal., 26g Fat (18g Sat.), 21mg Chol., 1g Fiber, 6g Pro., 44g Carb., 94mg Sod.

DOWN-HOME

ITH JUST A GRILL, LOW COOKER OR ILLET (NO SMOKER ECESSARY!), YOU CAN COOK UP A DELICIOUS MEAL A SOUTHERN **BARBECUE JOINT**

GRILLED CHICKEN WINGS

COST PER SERVING \$1.10 HANDS-ON 10 min. TOTAL 35 min. SERVES 8

- 2 lbs. chicken wings
- 2 Tbsp. olive oil Salt and pepper Honey Drizzle of choice (recipes at right)
- OPreheat grill to medium-high. Toss together wings and oil in a large bowl. Season with salt and pepper; toss to coat.
- Grill wings, covered with grill lid, turning occasionally, until skin is crisp and wings are done, 25 to 30 minutes. Toss with desired honey drizzle.

PER SERVING 145 Cal., 5g Fat (1g Sat.), 21mg Chol., 0g Fiber, 8g Pro., 18g Carb., 163mg Sod.

CIDER VINEGAR-BROWN BUTTER HONEY DRIZZLE

YIELDS about 3/4 cup

- 1/4 cup (11/2 sticks) butter
- ½ cup honey
- 1 Tbsp. apple cider vinegar
- Cook butter in a small saucepan over mediumhigh heat until brown and fragrant, about 5 minutes. Transfer to a small bowl, and let cool for 5 minutes.
- 2 Cook honey and vinegar in a separate small saucepan over medium heat, stirring often, until thoroughly heated, about 2 minutes. Whisk in browned butter.



CHILI-LEMON HONEY DRIZZLE

YIELDS about 1 cup

- ½ cup honey
- 1/4 cup bottled chili sauce
- 2 Tbsp. fresh lemon juice

Cook honey, chili sauce and lemon juice in a small saucepan over medium heat, stirring often, until thoroughly heated, about 2 minutes.













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HAM TACOS WI BLACK BEAN CORN SALSA

INGREDIENTS:

- -8 oz Smithfield Anytime Favorites™ cubed ham
- -8 soft corn tortillas
- ½ head lettuce

FOR SALSA:

- 1/2 can black beans, drained
- 1/2 can corn, drained
- 1/2 Sweet red pepper, diced
- 1/2 red onion, diced
- /4 cup cilantro or green onion, chopped
- I tsp chili powder
- freshlime, juiced

STEPS:

- Stir salsa ingredients in bowl.
- Top warmed tortillas with lettuce, salsa and heated cubed ham.
- Serve!

Makes about 8 tacos



Flavor hails from Smithfield.



GRILLED PEACH AND AVOCADO SALAD

COST PER SERVING \$2.68
TOTAL 20 min.
SERVES 6

- 4 large peaches, peeled
- 7 Tbsp. canola oil
- 2 Tbsp. white wine vinegar
- 1/2 tsp. honey
 Salt and pepper
- 2 firm avocados, peeled and quartered
- 6 cups loosely packed arugula
- 1/2 cup freshly grated Parmesan
- Preheat grill to mediumhigh. Chop 1 peach; place in a blender. Process peach, 6 Tbsp. oil, vinegar and honey until smooth. Add ¼ tsp. salt and ½ tsp. pepper.
- 2 Halve remaining 3 peaches. In a large bowl, gently toss peaches and avocados in remaining 1 Tbsp. oil; season with salt and pepper.
- © Grill peach halves and avocado quarters, covered with grill lid, turning once, until charred, about 2 minutes on each side. Slice and serve over arugula. Top with peach vinaigrette and Parmesan. PER SERVING 333 Cal., 29g Fat (4g Sat.), 6mg Chol., 7g Fiber, 6g Pro., 18g Carb., 209mg Sod.

Recipes adapted from the Ultimate Book of BBQ:

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NAME Charise K. Lawrence AGE 47
HOMETOWN Brooklyn, N.Y.
"This region is from my page

"This recipe is from my nana, who would prepare these for her grandchildren and great-grandchildren."

Use a potato masher (not a mixer) so your spuds don't become gluey.

SPINACH-POTATO

COST PER SERVING 13¢ HANDS-ON 30 min. **ΤΟΤΑΙ** 45 min YIELDS about 3 dozen fritters

- 2 medium russet potatoes, peeled and cut into 1-inch Salt
- 1/4 cup plain bread crumbs
- 2 tsp. garlic powder
- 1 tsp. pepper
- 1 tsp. seasoned salt
- 2 large eggs, lightly beaten
- 1 Tbsp. olive oil, plus more for frying
- 1 10-oz. box frozen chopped spinach, thawed and squeezed dry
- Place potatoes in a medium pot and cover with cold salted water. Bring to a boil, reduce heat to medium and simmer until very soft. 15 to 20 minutes. Drain well and return to pot. Stir over medium heat for 1 to 2 minutes to dry out. Mash with a potato masher.
- 2 In a medium bowl, stir together bread crumbs. garlic powder, pepper and seasoned salt. Whisk in eggs and 1 Tbsp. oil. Stir egg mixture and spinach into potatoes until thoroughly combined.
- **3** Working in batches, heat 2 Tbsp. oil in a large skillet over medium-high heat until shimmering. Add heaping tablespoons of batter to skillet. Flatten fritters with a spatula and space them so they don't touch. Cook, flipping once, until golden brown and crisp, 2 to 3 minutes per side. Repeat, adding more oil between batches, until all batter has been used. Drain on paper towels and serve hot. **PER SERVING (2 FRITTERS)**

79 Cal., 5g Fat (1g Sat.), 21mg Chol., 1g Fiber, 2g Pro., 6g Carb., 194mg Sod.

Avoid a swap. Stick with russets here—waxy potatoes don't yield as fluffy a texture.



PESTO BRUSCHETTA

COST PER SERVING \$1.52 / HANDS-ON 15 min. / TOTAL 20 min. / SERVES 8

- 8 1-inch-thick slices country bread
- 34 cup prepared pesto
- 1 medium green bell pepper, chopped
- 1 medium tomato, seeded, chopped
- 6 oz. crumbled feta
- 1 Place an oven rack about 4 inches from heat source; preheat broiler to high.
- Arrange bread slices on an ungreased baking sheet. Spread with pesto, then top with pepper, tomato and cheese.
- 8 Broil bruschetta until edges are lightly browned, 3 to 5 minutes. (Watch pieces carefully to avoid burned edges.) Serve immediately. PER SERVING 288 Cal., 16g Fat (6g Sat.), 26mg Chol., 3g Fiber, 12g Pro., 24g Carb., 617mg Sod.

*readerrecipes

CORNBREAD "PIZZA"

COST PER SERVING 88¢ / HANDS-ON 20 min. / TOTAL 35 min. SERVES 8

- 1 8.5-oz. package cornbread or muffin mix
- 34 lb. ground beef Salt and pepper
- 1 medium onion, thinly sliced
- 1 cup sliced mushrooms
- 34 cup pizza sauce or
- 1 cup shredded Colby-Jack cheese
- 1 Preheat oven to 400°F. Prepare cornbread batter according to package instructions. Spread batter evenly in a greased 12-inch ovenproof skillet. Bake until a toothpick inserted in center comes out clean, 10 to 12 minutes.
- In a large skillet over medium-high heat, cook ground beef, seasoning with salt and pepper and breaking up any large chunks, until lightly browned and cooked through, approximately 5 minutes. Transfer meat to a bowl; drain fat from skillet, leaving 1 Tbsp. behind. Heat fat over medium heat and

add onion and mushrooms. Season with salt and pepper. Cook, stirring occasionally, until mushrooms are golden brown and onion is soft. approximately 6 minutes.

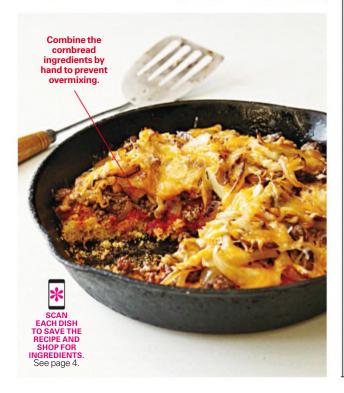
Spread sauce over cornbread to cover. Arrange onion-mushroom mixture and ground beef evenly over sauce. Top with cheese, then bake until cheese has melted, 3 to 4 minutes. Slice into 8 wedges and serve immediately.

PER SERVING 311 Cal., 16g Fat (6g Sat.), 67mg Chol., 2g Fiber, 16g Pro., 26g Carb., 556mg Sod.



JANICE'S CORNBREAD "PIZZA"

NAME Janice Franklin AGE 71 HOMETOWN Centerville, Iowa "My husband loves cornbread, and I love pizza, so we can't go wrong with this combination."





CHICKEN CUTLETS WITH MUSHROOMS, PEPPERS AND MOZZARELLA

COST PER SERVING \$1.84 / HANDS-ON 20 min. / TOTAL 35 min. **SERVES** 8

- 1/4 cup olive oil
- 1/4 cup all-purpose flour
- 2 large eggs, lightly beaten
- 34 cup seasoned bread crumbs
- 8 boneless, skinless chicken breast halves (about 134 lbs. total), pounded to 1/4-inch thickness
 - Salt and pepper
- 1 cup sliced mushrooms
- 1/4 cup white wine
- 1 7.5-oz. jar roasted red peppers, drained, cut into strips
- 8 oz. sliced mozzarella
- Preheat oven to 400°F. Brush a 9-by-13-inch baking dish with 1 Tbsp. oil. Place flour, eggs and bread crumbs in separate shallow bowls. Season chicken with salt and pepper and dredge in flour, shaking off excess. Dip chicken in eggs, then place in bread crumbs, turning once and pressing so crumbs adhere. Place breaded cutlets on a parchment-lined tray in a single layer.
- 2 In a large skillet, heat 1 Tbsp. oil over medium heat. Brown chicken in batches, flipping

once, 2 to 3 minutes per side, adding 1 Tbsp. oil to skillet between batches. Transfer browned cutlets to baking dish, overlapping pieces as necessary to fit. In same skillet, cook mushrooms, stirring, until golden brown, about 5 minutes.

3 Drizzle wine over cutlets. then top with mushrooms, peppers and cheese. Bake until chicken is no longer pink and cheese has melted, about 15 minutes. Place under a hot broiler to brown, if desired. PER SERVING 329 Cal., 16g Fat (5g Sat.), 128mg Chol., 1g Fiber, 32g Pro., 12g Carb., 606mg Sod.



MARC'S CHICKEN CUTLETS

NAME Marc I. Daniels AGE 41 HOMETOWN Highland Falls, N.Y. "This dish is really easy but still impresses my girlfriend,

Megan, when I make it for her."



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Chocolate Crème-Filled Sandwich Cookies

COST PER SERVING 11¢ / HANDS-ON 25 min. TOTAL 3 hr. 11 min. / YIELDS 48 sandwich cookies

- 13/4 cups all-purpose flour
- 3/4 cup sugar
- ²/₃ cup unsweetened dark cocoa powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 12 Tbsp. (11/2 sticks) unsalted butter, cut into small pieces
- 1 large egg white

- 1/3 cup vegetable shortening, at room temperature
- 51/2 Tbsp. unsalted butter, at room temperature
- 12/3 cups confectioners' sugar
 - 1 tsp. vanilla extract

- Make cookies: In a large bowl, using an electric mixer on low speed, beat together flour, sugar, cocoa powder, baking soda, salt and butter until crumbly. Add egg white and 1 Tbsp. water; beat until blended.
- 2 Divide dough in half. Roll each piece into an 81/2-by-11/2-inch log. Wrap in plastic wrap; chill for 2 hours.
- 8 Line 2 baking sheets with parchment. Place racks in upper and lower thirds of oven and preheat to 350°F. Cut each log into 48 slices (about 1/8 inch thick). Place on lined sheets, about 2 inches apart.
- 4 Bake until cookies are set, 10 to 12 minutes, rotating sheets once. Let cookies cool on sheets on wire racks for 2 minutes, then transfer to wire racks to cool completely.
- Make filling: In a medium bowl, using an electric mixer on medium speed, beat together shortening and butter until smooth. Gradually add sugar, beating on low speed until blended. Beat in vanilla.
- 6 Spread 11/2 tsp. filling onto flat side of 48 cookies; top with remaining 48 cookies, flat side down.

PER SERVING (1 SANDWICH COOKIE) 86 Cal., 5g Fat (3g Sat.), 11mg Chol., 1g Fiber, 1g Pro., 12g Carb., 64mg Sod.





Freeze sandwich cookies in a heavy-duty zip-top plastic bag for up to 3 months—or store in an airtight container at room temperature for up to 1 week.

Store the crackers in an airtight container at room temperature for up to 1 week. Re-crisp, if desired, in a 325°F oven for about 5 minutes. COST PER SERVING 32¢/HANDS-ON 32 min. TOTAL 1 hr. 52 min. / YIELDS 162 1-inch crackers preheat to 375°F. Place 1½ cups all-purpose crumbs form. Add flour half of dough in center ½ cup water through 1 cup shredded food chute, 1 Tbsp. between 2 baking reduced-fat sharp at a time, pulsing until sheet-size pieces Cheddar dough forms a ball. of parchment; keep of each square with 5½ Tbsp. unsalted Divide dough in half. other half of dough in a wooden toothpick. butter Press each half of refrigerator. Roll dough Using a spatula, crackers to wire ¾ tsp. salt into a 10-inch square, carefully place squares racks to cool completely. dough gently into a 1 tsp. baking powder 4-inch circle on plastic about 1/8 inch thick. on lined baking sheets, Repeat procedure with ½ tsp. ground turmeric wrap; cover. Chill for 3 Carefully remove spacing approximately remaining half of dough. 1/8 tsp. cayenne 1 hour. top piece of parchment. ½ inch apart. PER SERVING pepper Cut dough into 1-inch Bake sheets of (18 CRACKERS) 174 Cal., 2 Line 2 baking sheets 1 Place all ingredients with parchment. Place 9g Fat (6g Sat.), 24mg Chol., squares using a fluted squares until crisp, Og Fiber, 6g Pro., 18g Carb., in a food processor; racks in upper and pastry wheel or knife. about 20 minutes; pulse until coarse lower thirds of oven and Pierce a hole in center rotate once. Transfer 462mg Sod.





Peach-Strawberry Fruit Leather

COST PER SERVING 26¢
HANDS-ON 31 min.
TOTAL 7 hr. 1 min.
YIELD 26 strips

- 2 cups coarsely chopped fresh strawberries
- 1 cup peeled sliced fresh peaches (about 2 small)
- 2 Tbsp. honey
- 1 tsp. fresh lemon juice
- Preheat oven to 170°F.
 Line a 15-by-10-inch jelly-roll pan with heavy-duty plastic wrap, allowing plastic wrap to extend over edges of pan.
 Combine ingredients with ½ cup water in a medium saucepan. Bring to a boil, reduce heat and

simmer until fruit is tender, about 10 minutes. Remove from heat and let cool for about 5 minutes.

- O Place fruit mixture in a food processor or blender; process until smooth. Strain fruit puree through a fine-mesh sieve over a bowl; discard solids. Pour strained fruit mixture onto plastic-lined jelly-roll pan. Using a spatula, spread mixture evenly to edges of pan (about ¼ inch thick).
- (about ¼ inch thick).

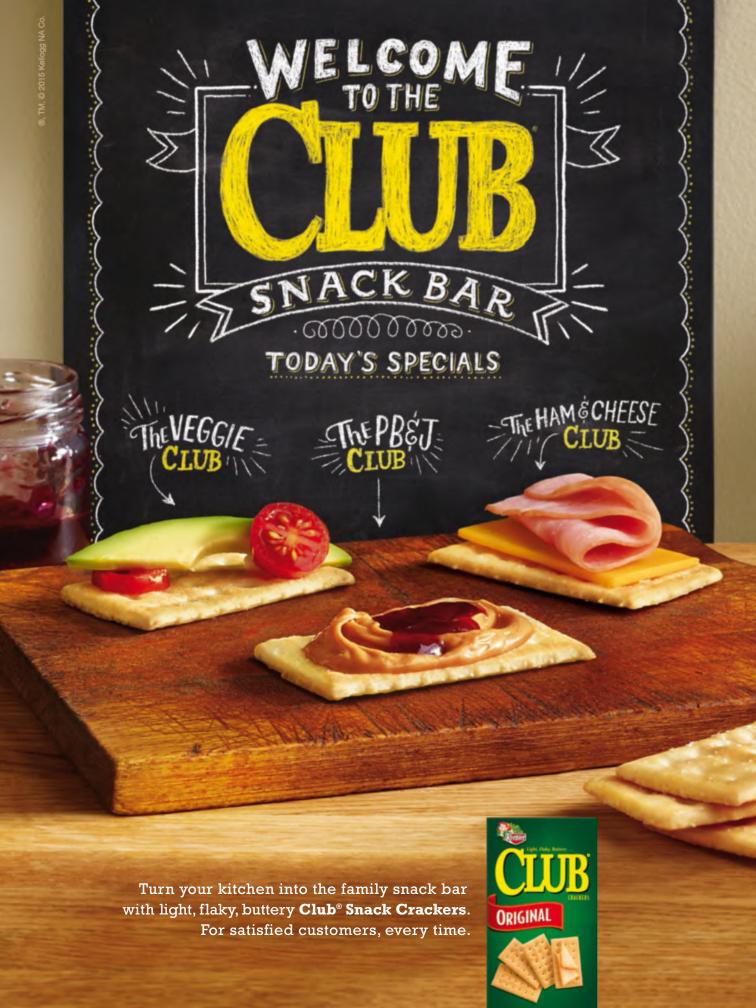
 Bake until center is slightly sticky, 6 to 7 hours, brushing edges with water after 3 hours, if necessary, to prevent overdrying. Remove from pan; peel off plastic wrap. Trim dry edges ¼ inch from all sides of leather, if necessary. Cut leather in

half lengthwise. Cut each half crosswise into 13 1-inch strips. Roll up strips in parchment paper or plastic wrap.

PER SERVING (1 STRIP) 11 Cal., Og Fat (0g Sat.), Omg Chol., Og Fiber, Og Pro., 3g Carb., Omg Sod.



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Smart Food Advice

Helpful tips to make your time in the kitchen easier and tastier



GET THE FULL SCOOP

how exactly do our favorite cold treats-ice cream, frozen vogurt and sorbet-stack up when it comes to their specific merits? Greek frozen yogurt tends to be higher in protein and bonestrengthening calcium. Dairy-free sorbet has no fat and fewer calories, but go easy if you're watching sugar. Ice cream often has about half the protein and calcium of frozen yogurt, and keep in mind: Ice cream is caloric and high in saturated fat, so enjoy it only occasionally. Here's a look at the nutritional breakdown.

	CALORIES	SAT. FAT	PROTEIN	CALCIUM	SUGAR
Strawberry Greek frozen yogurt	140	2.5 grams	6g	200 milligram:	s 18g
Strawberry- lemon sorbet	130	0	0	0	30g
Strawberry ice cream	180	6g	3g	100mg	18g
Per 1/2-cup servin	g				



Delicious Busil

Pesto is fantastic, but this time of year, we're up to our ears in the stuff (thank you, backyard bumper crop!). For a fresh take, try one of these easy ideas.



HERB SCRAMBLE

Basil and eggs are natural partners. Fold chopped fresh basil into scrambled eggs (about 1 tsp. per egg) just before they come off the stove.



FRUIT SALAD

For a refreshing snack (or dessert), toss a few chopped fresh basil leaves over a bowl of cubed seedless watermelon. Another tasty mix-in idea? Crumbled feta.



HERBAL MOCKTAIL

Using the handle of a wooden spoon, muddle 2 Tbsp. lemon juice, a pinch of sugar and 5 basil leaves in a glass. Fill with ice and seltzer. Garnish with cucumber slices.



BASIL-FRUIT SALSA

Combine 2 pitted chopped peaches, 2 Tbsp. chopped red onion, 1 small seeded, chopped jalapeño, 2 Tbsp. each torn basil and mint leaves, 1 Tbsp. each lime juice and olive oil. Season with salt and pepper and serve with tortilla chips.



Hydration station

Summertime, and the sippin' is easy with S'well non-leaching stainless reusable bottles. This

one's worth the splurge, thanks to a mouth wide enough to fit ice cubes and a doublewall design that insulates cold beverages for 24 hours and hot ones for 12.

9 oz. bottle (available in more than 40 designs), \$25; swellbottle.com.



Build endless possibilities.





Jazz up the most important meal of the day with this simple trick. Generously mist a skillet and the inside of a cookie cutter with cooking spray. (Any simple shape will do, as long as the cutter is about 3 inches wide.) Heat a medium skillet over medium heat. Lay the cookie cutter, sharp side down, in the pan and crack 1 egg inside; cook 2 minutes. Cover and cook 2 minutes more, or to desired level of doneness. Use tongs to remove the cookie cutter (it'll be hot). Serve the egg over toast or alongside your favorite breakfast. You could whip up a few at a time; just be sure the cookie cutters will fit in the skillet together.

Another genius kitchen hack

A funnel might not seem like an essential cooking tool. Until, that is, it comes time to refill the pepper grinder or olive-oil mister. Don't have a funnel? Try this: Cut a corner off the bottom of an envelope, then place the opening over the top of the container you're filling. Carefully use the paper as a funnel, and recycle or toss it when you're done. No need to store—or spend money on—an extra kitchen gadget.



Give your child Rice Krispies and see what they create.











*yourfamily

FUN FOR ALL AGES, EXPERT PET ADVICE AND NEW WAYS TO CONNECT WITH LOVED ONES



MAKE IT A... Spa party

You already own the polish and remover, so creating an at-home spa for the girls is virtually free. They can paint one another's nails, do a friend's hair and play dress-up. For easier cleanup, put down a disposable tablecloth before partygoers start their manicures, and lend them clothing and accessories that you don't mind seeing damaged. Serve pink lemonade with paper straws to go with the girlie theme.

Host a memorable night for your kids and their friends without breaking the bank



Backyard campout

Pitch a tent, fire up the grill for hot dogs and s'mores and create a naturethemed scavenger hunt the kids can do right in your yard. You even could print out ahost stories that the kids read to one anotherchoose mild ones at americanfolklore.net.



DIY pizza fest

Pizza dough is easier (and cheaper!) to make than you might think-check out our recipe at allyou.com/ pizza-dough. Let your young guests roll out the dough for individual mini pizzas and select their own toppings. And for dessert, serve a giant cookie "pizza"!



Movie night

Kick the usual movie snacks up a notch with a popcorn bar. Pop a big bag of plain kernels, put them into a large bowl, then set out smaller bowls with different mixins such as M&M's and nuts. Let kids decorate paper bags to hold their custom popcorn creations.



MAKEIT A... **Nighttime Olympics**

All you need are bendy glow sticks and sporty supplies you probably have around the house. Use the sticks to light up an obstacle course, or stuff a tiny one into a Wiffle ball for a game of "dark baseball." The possibilities are endless!

Sources: Kelly Dixon, founder of SmartSchoolhouse.com; and Crystal Paine, founder of MoneySavingMom.com

YOU SAID IT "I like to hit the dollar store for plastic necklace string and candy necklaces, Froot Loops or Cheerios and some gummy rings. I cut the necklaces apart, put everything into bowls and let the kids make their own treat necklaces.' -Krista Penland, 38, Murfreesboro, Tenn.



EVERAGE YOUR

It's almost September, and parents everywhere are yo-yoing between relief (finally, school!) and denial (school, already?!).

> To help you sail through the hectic days ahead, ALL You came up with creative ways for moms (and dads) to support one another, saving time and money in the process.

how they harness the power of their block, school, church or neighborhood group.
In the spirit of togetherness, read on!







Break bread together

Dine with another family once a week. Take turns hosting, and pool resources (vou make an entrée, for example, and they contribute a salad). You get a break from preparing a full meal, and eating with pals gives kids incentive to wrap up homework early. Weekend dinner clubs, in which friends trade off preparing a weekly or monthly meal (kids optional) builds social time without the cost of going out. For larger-scale get-togethers, the free tool at perfectpotluck.com creates sign-up sheets, suggests recipes and sends reminders, too.

'I NETWORKED AND SAVED \$\$\$'

"When my kids were younger, I participated in a 'freezer club' with three other moms. For six weeks or so, we'd fill our freezers with dinners, then trade: Each of us would bring three meals to share, separated into containers for each person, and

go home with nine dishes. That gave me options on days when cooking seemed impossible, and my family discovered some amazing new dishes."



Shala Smith, 34, College Station, Texas

ORGANIZE A SWAP

Have a ton of items you want to get rid of and a list of things you need? Time for a trade, in which everyone donates clean, gently used goods and picks up free "new" stuff. If there isn't a regular swap in your community, set one up in your home or place of worship. Recruit at least eight friends-more for a wider variety of merchandise-with similar taste to contribute outgrown toys, gear and clothes (and clothing for yourself). Include moms who have kids in a range of ages so you aren't left with a mountain of onesies. Sort and label everything by category and invite participants to take the same number of items they brought. Leftovers? Send the group back for a second round and donate the rest.

INETWORKED AND SAVED \$\$\$'

"Around the last weekend in September, my moms club hosts an annual Halloween costume swap at someone's house. We organize the costumes by size and gender on clothing racks and issue tickets that entitle people to take as many things as they came with; if there's a big crowd, we draw numbers to decide who shops first. New costumes are priceyit's crazy to spend a lot on something kids may wear only once.'



Danielle Condon, 35, Nashville







CREATE A COMMUNITY THAT SHARES

Finding someone to feed your cat when you're away is easier if you know your neighbors. Set up an e-mail group on Google or Yahoo for people within a certain radius. You'll build togetherness with fun (caroling) and practical (yard sales) benefits.

INETWORKED AND SAVED \$\$\$'

"When we first moved here, I gathered e-mail addresses from three blocks around. We started with a group party. Now neighbors ask for contractor recommendations or baby-sitting help."



Lisa Familetti, 55. Narberth, Pa.

Coordinate child-care schedules

Need help managing your kids' busy lives? Families with children similar in age might enroll their little ones in the same after-school activities and trade carpooling duties. Keep a shared Google or iCloud calendar to track events and responsibilities. To ensure things stay friendly, discuss potential snags up front (if someone is late or sick, say, a car breaks down or a sibling tags along unexpectedly) and trade important contact info.

'I NETWORKED AND SAVED \$\$\$'

"When my son and a friend's son were toddlers, we took turns watching them on Wednesday mornings. Later two more moms joined the swap, and we expanded to four mornings a week. I loved

having the free time and being part of a close-knit community. Leaving my son with a mother whose child-rearing I had seen in action was another benefit-you don't get that kind of wisdom and experience in just any sitter."



Flizabeth Stuelke, 50 Lewisburg, Pa

SHARE GEAR FOR PLAY AND WORK

Before you shell out for a costly swing set or a bouncy house, take stock of what's already on your block. Arrange with another family to allow both sets of kids to use, say, the swings in their yard and the bouncer in yours. Or decide whose property is better (space, level ground) and go in on a new item together. If you have a good relationship with others on your street, there's no shortage of things you can share: trimmer, snow blower, mulch delivery-make a joint list of items and owners, so you know whom to ask for what. If space allows, build a community shed to house the gear.

INETWORKED AND SAVED \$\$\$'

"We've shared our swing set with neighbors since our kids were toddlers. Another family has a pool and a Slip 'n Slide that everyone uses, and our next-door neighbor bought a climber so each yard would have something different. Now she's getting a trampoline, which we plan to help pay for. To make it easier for the kids to go back and forth between the vards, my husband installed a gate in our fence. When he finished, we had a ribboncutting ceremony to celebrate!"



Keren Berry, 43,



JOIN (OR START) A BABY-SITTING CO-OP

Need a sitter now and then for date nights or running errands? Co-op members earn coupons or points for watching other families' kids. then cash in points as someone else returns the favor. Field inquiries through a Google or Yahoo group and exchange paper tickets-each one good for, say, 30 minutes of care for one child. Or track requests and points on a website such as babysittingcoop.com (\$9 per year) or sitting around.com (free or \$15 per year for an advertisement-free experience), where you also can search for existing local co-ops. Remember: Co-ops work best when they grow out of a close community of parents who are comfortable with one another and have similar child-rearing styles, so consider forming one within your school or church group. To ensure a good fit, arrange playdates with members before signing on.

'I NETWORKED AND SAVED \$\$\$'

"In the 10 years I've been in our co-op, I've never paid for a sitter. I go through phases where I do a lot of sitting and get tons of coupons, then don't sit again for six months. In our club, there's no obligation to sit, and vet someone always steps up."



Allegra Jabo, 45, Arlington, Va.



TRADE **BOOKS AND MAGAZINES**

Plan a get-together where everyone brings a few favorite books she doesn't mind parting with in a swap. If you're in a book group, try to combine with another club to boost the inventory. Maintain order in a large crowd (say, eight or more) by arranging books by genre. Magazine lovers can unite as well: Get together with neighbors and assign everyone a subscription, then rotate the titles through everyone's mailbox.

'I NETWORKED AND SAVED \$\$\$'

"Every other month, I host a children's book swap with friends who have little ones the same ages as mine. I ask the kids to bring five books they already own, and they all get to choose five 'new books to add to their collections. We all want our kids to read, read, read, but we don't want to spend, spend, spend on books or continually run to the library, so this is a great solution.



Justine Howell, 39. Temecula, Calif.



Form a garden club

Meet once a week at a different house to tackle weeding, planting, raking and other weekend-eating chores. Take turns watching small children in tow. Want to grow your own produce? Save time, money and space with a shared garden, or have each club member cultivate one or two vegetables in her yard, then divvy up the bounty at weekly cleanups. For more help, the free Garden Compass app (iOS) sets to-do lists based on your location, identifies your garden's plants and pests, and offers expert advice.

'I NETWORKED AND SAVED \$\$\$'

"When our friends asked us to be part of a co-op vegetable garden they were starting with another couple, we jumped at the idea. Each family chipped in for soil and supplies, and the group chose veggies. We worked together to get the garden going, and the property owners did the daily watering and care. The rest of us stopped by once a week to pick what we wanted. There was no 'mine' and 'yours,' and there was never any waste."



Kim Anderson, 31 Atlanta

Places to click and connect

- **NEXTDOOR** Get to know your neighbors via Nextdoor, a free service that links residents based on local boundaries. Enter your address to find a network, or create your own. You can share news, post items for sale or organize a block party. Nextdoor verifies all addresses, and sites are passwordprotected.
- MEETUP Find local groups for crafters, fitness buffs, moms and more on this network of some 22 million members. Check the organization's page for reviews, a calendar of events and info about dues (those that charge to join often have a free trial period). Or create your own Meetup for \$12 per month.
- BIG TENT A free platform with a family focus, Big Tent, run by Care.com, hosts parenting, school, PTA and volunteer organizations. In addition to sponsoring playdates and other social events, many groups have an online forum for sharing advice and classified ads.

Sources: Kerry Colburn. author of Mama's Big Book of Little Lifesavers: 398 Ways to Save Your Time, Money, and Sanity; Susan Fox, PhD, founder of the Park Slope Parents community in Brooklyn, N.Y.; Mike Lanza, author of Playborhood: Turn Your Neighborhood Into a Place for Play; Crystal Paine, founder of moneysavingmom.com; Amy Suardi, founder of frugal-mama.com

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- HIGH SCHOOL
- 🔥 COLLEGE



Rosy numbered dawn

This cheery and durable clock features a matching backlight. Silicone LCD alarm clock, Advance Time Technology, \$13; amazon.com.



Foot notable

Sneakers to make his classmates green with envy. 574 Pique Polo Pack sizes 31/2-7, \$60; newbalance.com.





Dream team

Let him show school spirit even when he's hitting the hay. College body pillow (18" x 36"), Northwest, \$40; jcp.com.





ON THIS PAGE. See page 4.







D x 121/2" H), \$29; landofnod.com.





Cool caddy

Ample room plus lots of pockets make toting a cinch.

Shower caddy, Room Essentials, \$7 (S) or \$8 (L); target.com.





Tag, you're it



Horsewear department Attached undershorts make this skirt ideal for school or play. Girls horse-print skirt, Sonoma Life and Style, sizes 4, 5, 6, 6X, 7,

\$20; kohls.com.

Feather the nest

Not just another pretty case, this backpack is rugged, too. SuperBreak backpack in Multi Peacock (13" W x 81/2" D x 16.7" H), JanSport, \$50; kohls.com.

Bowled over

This salad bowl includes a toppings tray, a dressing container and reusable utensils you store in the lid. Collapsible salad bowl meal kit, SmartPlanet, \$15; bedbathandbeyond.com.







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Tee Rex This graphic top can leave him

looking dino-mite. Boys long-sleeve shirt, Sonoma

Life and Style. sizes 4-7X, \$20; kohls.com.

Bright idea Sleek, shiny and

small enough to slip into a backpack. Love-at-First-Sight stapler, \$14; poppin.com.

size for a dorm bed. A throw pillow can add a bit of color.

Twin extra-long gray cityscape and blue plaid comforters, \$20 each, and 18" felt texture decorative pillow, Room Essentials, \$20; target.com.

A freezable gel liner keeps contents cool. Just fold up the bag and pop in the freezer, then pack it in the a.m. Freezable lunch bag (8" W x 5" D x 10" H),



BRIAN HENN (VEST, PANTS, T-REX SHIRT, LUNCH BAG), GEMMA COMAS (BACKPACK)

ø



Join our mission to save handwriting!



Better Writers Make Better Readers To learn more about our mission go to

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Kit and caboodle

Tote tiny scissors, stapler, tape dispenser and more. Mini supply kit, \$5; yoobi.com.



yoob!

Band width Bold colors make

this a shirt of a different stripe. Flatback boys T, Sonoma Life and Style, sizes 4-7X, \$20; kohls.com.

SCAN THE BACKPACK TO BUY THE **PRODUCTS** ON THIS See page 4.



Leader of the packs

He can carry a tune while he carries his books. Boys camo backpack (12" W x 5" D x 17" H) with headphones, StarPoint, \$44; kohls.com.



Glass is out

A packable plastic twist on an old favorite is BPA-free. Mason food jars by Aladdin, \$8 (20 oz.), \$7 (16 oz.), \$6 (12 oz.); amazon.com





you charge your electronics. Clock radio, Electrohome, \$35; amazon.com.

and the state of t



Hold everything Here's a terrific

BELECTROHOME

way to corral small supplies. Talking Monster three-ring binder pouch, Zipit, \$7;



Nutty buddy Ooh-la-la! This bright hoodie has animal attraction. Long-sleeve graphic super-T hoodie, little girls and girls sizes S-L, \$25;

landsend.com.



Pencil it in

Tray chic

A stylish solution for dorm-room meals. TV tray (18.9" W x 14.9" D x 26" H), \$50;





Pour-Brew-Go coffeemaker. \$30; mrcoffee .com.







What's your color?

Go back to school with one of these stylish HP wireless all-in-one printers.



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HP 15 Notebook (EPEAT® Silver registered²)



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¹Based on April 2014 Supplies Watch survey for print quality using HP and competitive inks in HP printers.

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Hang ten

No more flip-flops on the closet floor thanks to this handy hanging organizer. Ikat flip-flop holder, \$15; bedbathandbeyond.com.



Parceled Post-its

The classic sticky notes in new hues, inspired by destinations from around the world.

World of Color collection, Post-It, \$9 for pack of 5 pads; officedepot.com.



Durable goods

These jeans can survive days and days of play. Classic Fit Iron Knee jeans, boys sizes 2T–4T, and 4–20, regular, slim and husky, \$29; landsend.com.





Rock your locker

She can dress up her locker with this glittery faux chandelier. Locker chandelier, \$15; target.com.





It all adds up

In sum: a calculator colorful enough to find easily in a backpack.

230 8-digit display calculator, \$5; staples.com.



Love it? Totes

Lightweight, easy to clean and stylish, too. ZaZa neoprene lunch tote (9.6" W x 5.2" D x 11.4" H), L.N.C.H., \$20; kohls.com.



Rubber soles Little feet stay

L.L.Bean

H2-0h! Place sliced fruit in the bottom of this bottle to add zest to plain water. Citrus Zinger water bottle (28 oz.), Zing Anything, \$16;

0

THE BOOT TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

containerstore.com.

dry in vulcanized rubber boots. Puddle Stompers, boys sizes 10–3, \$37; Ilbean.com.

Space saver

The classic organizer gets a movie-themed notebook twist. Star Wars 1-subject wide-ruled notebook. Trapper Keeper,





No scrubs

Erase mistakes without damaging documents. FriXion Clicker erasable gel ink pen, Pilot Pen, \$6 for a 3-pack; amazon.com.



Room service

It's Wi-Fi-equipped. What college student wouldn't crave it? E-series 24"-class Razor LED smart television, \$180; vizio.com.



BRIAN HENN (LIGHT, BOTTLE, POST-ITS, JEANS, BOOT, STORAGE BOX); SAEED ADYANI/NETFLIX (WET HOT AMERICAN SUMMER)

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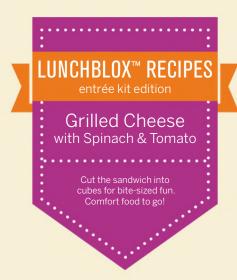
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salad kit edition

Chicken Pasta Salad



– SERVES 1 –

- ▶ 2 slices of preferred bread
- ▶1 slice of mozzarella cheese
- ▶1 slice of cheddar cheese
- ▶ 2 thin slices of tomato
- ► A few spinach leaves (to preference)

DIRECTIONS

- 1 Heat butter in sauté pan over medium heat until bubbling.
- 2 Layer bread, cheese, slices of tomato and spinach leaves. Cook sandwich on one side until bread is browned & cheese starts to melt.
- 3 Add more butter to the pan & carefully flip the sandwich.
- 4 Cook until cheese is completely melted.
- 5 Cut into 1-inch squares.



- SERVES 4 -

- ▶ 10 oz. cooked orzo pasta
- ▶ 2 cooked chicken breasts, diced
- ► ¼ cup each of diced red, yellow & green bell peppers
- ▶ 1/4 cup diced carrots
- ▶ ¼ cup petite peas
- ▶ 2 scallions, sliced

- ▶¹/₃ cup dried black currants
- ▶ Salt & black pepper

Dressing: Lemon honey vinaigrette

- ▶ 1/2 cup extra virgin olive oil
- ▶ 4 tbsp lemon juice
- ▶ 3 tbsp honey
- ▶ Salt & black pepper

DIRECTIONS

- 1 Combine the pasta with all of the veggies & chicken.
- 2 Shake the dressing ingredients in a jar & add to the pasta salad.
- **3** Season with salt & pepper if needed. Adjust ratios of ingredients to suit your taste.



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Find at your local Supercenter

aliyou QUICK GET-READY

GRADE



BREAKFAST

Studies have shown that children who eat breakfast do better in school. (And, in fact, kids who skip the first meal of the day tend to be tardy or miss school more often.)



LUNCH









Instead of cooking a full breakfast, set out a range of easy options (cereal, toast, fruit and hard-boiled eggs, for example), then let kids pick a few items from the lineup.

Adopt a formula to keep things simple and nutritious: one fruit, one veggie, one protein and one carbohydrate.



HIGH SCHOOL



For busy teens (who aren't likely to wake up early), consider blending a nutrient-packed smoothie and pouring it in a to-go tumbler. It's a delicious way to start the day.





COLLEGE



Eating breakfast on the way to an 8 a.m. class—an individual yogurt cup, say, with a granola bar and fruit-is better than skipping it altogether.



Don't forget those greens! The dining-hall salad bar is a smart step toward the 21/2 to 3 cups of vegetables recommended per day.



Shaded boxes are sponsored by ALL You advertising partners.

TIPS FOR EVERY GRADE



SNACKS

Make it healthy and convenient! Stock the fridge with celery and carrot sticks to dip in hummus. Or jazz up an apple or banana by adding a smear of nut butter.



STYLE

Streamline the morning routine: Try hanging your youngster's outfits together, hooking one hanger onto another, so all the pieces are in one place and ready to go. That way, she can dress herself.



GEAR

Consider devoting a closet shelf to back-up school supplies, where vou can store notebooks, folders, pens and pencils. Designate jars or little boxes for each kid to corral crayons and other small items.







Don't overload your kids! A filled backpack should weigh no more than 15 percent of a child's weight, and should be worn over both shoulders.



Teenagers need more fuel than other age groups do, particularly if they play sports. Keep plenty of substantial snacks on hand to tide them over until mealtime.



Have a trendconscious teen? Wait until a few weeks into the semester before buying her back-to-school wardrobe, so she can get a sense of what's in-and what's not.





Teens love tech, so help him stay organized and on top of his assignments with an app such as the free myHomework student planner (available for Android and Apple).





Before school starts, have your college-bound daughter check in with her roommate to see if there are items they can share, such as a television and a coffeemaker.



Use the Digimarc Discover app (details on page 4) to scan THIS PHOTO and launch the custom All You BTS Shopping Tool.





Vent to a Vet

Got pet problems? Not to worry. Veterinarian Lena C. France is here to help you solve your cat and canine quandaries





Poor Gizmo most likely has an anxiety issue, especially if you can connect his behavior to the passing of his buddy. As difficult as it might be, you should show Gizmo some tough love. If he starts meowing for more food, don't give him extra—because if he gets overweight, that could lead to additional health problems. To "trick" Gizmo into thinking he is receiving more than he actually is, you might want to feed him multiple times throughout the day but give him the same total you would otherwise. He also might need some sort of help in chilling out, like a diffuser designed for cats that releases pheromones similar to those a mother emits to calm her kittens: look for the device at major pet retailers. If all else fails, visit the veterinarian, who can prescribe a medication such as Prozac for your cat. (Surprisingly, there are no cat-specific anxiety medications on the market.)



Is an oil meant for humans safe for my pet? "Can I give my cat, Cosmo, coconut oil—or will it make him sick?" -Patti Probst, 52, Palatine, III.

HERE'S HELP

Coconut oil is a popular health craze among people, and I have some clients who give it to their pets as well. The use of coconut



oil in animals is so new that there are no studies about it, so we don't know what benefits the oil might provide. But some people say it gives their cats and dogs great hair. It's OK to have your cat or dog try it, but proceed with caution: If your pet consumes too much of any oil or fat, that could lead to gastrointestinal issues or even pancreatitis. Stick to just a tiny bit: a quick drizzle on the cat's food, say, once or twice during the week.



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I'M CONFUSED IN THE SUPPLEMENT AISLE

"There are so many supplements you can give your dog, but which are the best ones?" —Mick Teti-Beaudin, 34, West Chester, Pa.



HERE'S HELP!

It really depends on whether your pup is in good health. If he's a fit, healthy dog, then you could go with a canine multivitamin only. If your dog has dry, flaky skin or a lackluster coat, you might want to give him

an omega-3 supplement; you can get a topical omega-3 ointment if your pooch is picky about swallowing pills. Is your dog starting to get up there in age? You might want to put him on glucosamine supplements, which help with joint health. It's better to give those now, rather than waiting until he's having trouble moving around—by then they wouldn't do much good. Some people use the human version of the pills for their dogs, but I suggest the doggie variety. Ask your veterinarian for a few reliable brands.



My cat meows like crazy!

"Black Beauty, my 12-month-old fur baby, has started meowing really loudly. He'll stand in front of me and howl. When I pick

him up and pet him, he stops. What should I do?"

-Barbara Odoms, 51, Los Angeles



HERE'S HELP!

Has he been neutered? If not, it might be hormonal; intact male cats are more prone to acting out. If he doesn't have any other problems, it's probably not a medical issue,

but simple attention-seeking behavior. Turns out, you're actually rewarding his antics; he knows if he meows loudly, he will get picked up. Thus,

you might need to change your approach in order to retrain his brain. When he howls, walk away; don't even say anything to him. Play with him or give him attention only when he's behaving the way you want.





My cat leaves hairy surprises!

"I have a longhair

cat, Gracie, who keeps having hair-ball problems— I find a surprise about once

a month. Is there anything I can do?"

—Cindy Kremer, 42, Loose Creek, Mo.



HERE'S HELP!

Longhair cats are especially prone to hair balls, which are caused by loose hair collecting in the stomach after grooming. You can find anti-hair ball products on the market that are similar in consistency to petroleum jelly but come in flavors such as chicken. (Depending on your cat's sensitivity, regular petroleum jelly might work, but talk to vour vet first.) All vou have to do is put the jelly on your cat's paws; she'll lick it off. The jelly binds up the hair ball in the cat's stomach, so it moves through her intestines. She'll poop it out instead of throwing it up. Frequent brushing helps as well. Use a brush that removes hair right down to the undercoat.



Tomlyn Laxatone cat hair-ball eliminator, \$14; petco.com. Longhair-cat DeShedding tool, from \$43; furminator.com.



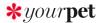
SCAN THE CAT AT LEFT TO BUY THE PRODUCTS ON THIS PAGE. See page 4.



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I spotted a bump

"My cat is only 2 years old but has a small bump on his head above his eye. At first it looked like a bald

spot; now it's more of a lump. The thing is, it doesn't seem to bother him when it's touched. What is it, and should I worry?"

-Kianna Keeler, 23, Bismarck, N.D.



HERE'S HELP

A bump can be a sign of lots of things, including head trauma or a cyst. The worst-case scenario would be a malignant tumor, but because your

cat is so young, if it is a tumor, it probably is benign. Still, I wouldn't ignore it. A vet can do a biopsy on your cat. Because the bump is by his eye, he might have to be completely sedated. The vet also can try to remove the whole mass (your cat probably would need stitches), so there would be no need to put the cat under again. Then, the vet would send that mass to a pathologist, who would look at it under a microscope to determine what it is. This might sound a bit scary, but the effort will be worth it in the long run.



MY PUP HATES DOG FOOD

"I have a 2-year-old rescue teacup schnauzer, named Sadie. She refuses dry dog food and only



sometimes will nibble at wet food. After she goes a full day without eating, we give in and make her chicken with rice and veggies. Is there any way around this?"

-Marisela Vega-Dossey, 38, San Antonio

HERE'S HELP!

If you haven't done so already, have a vet evaluate Sadie, especially her mouth. There might be something wrong with her teeth that's making it difficult for her to chew the food. Assuming everything checks out, you could try slowly weaning her off her homemade meals. Crunchy dry food isn't just about convenience for you; it's actually better for a dog's teeth because it won't stick to her pearly whites and build up tartar as quickly as wet food does. Mix in a little kibble with the homemade food, and gradually increase the amount of dry food in the mixture. Truthfully, though, I've seen cases where an animal refuses to eat what it doesn't want, so you might end up doing whatever

is necessary to get her to chow down.

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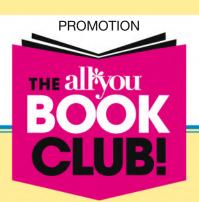




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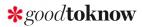
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Smart Family Advice Sound strategies for a happier home life



Sibling bullying is more common than schoolyard bullying, a recent study found. Pay attention to how your kids interact so you can ensure their teasing is not getting out of hand.

Source: Journal of Family

Swim with sharks. Run with bulls. Participate in a mud run that has a live-wire obstacle. Those are some of the activities my friends and I have put on our bucket lists. Research shows that there are great benefits to taking risks. Facing down something daunting can help you gain perspective on other scary things in your life. And if we never take risks, we miss out on rewards. Even though zip-lining made my heart nearly beat out of my chest, the experience is one of my favorite memories of all time. If you're a parent, it's easy to get settled into your mom routine—it happens to me, too—so it's important to step outside your comfort zone once in a while. Make a top-10 list of things you want to try. (It's OK to start small!)

GETTY IMAGES (FAMILY)

Why you should tuck in your teens

If your kids are teens or tweens, the days of adjusting their covers and reading them bedtime stories are probably long gone. But parents are missing out when they assume their child is too old to be tucked in. Older kids and teens often appreciate a hug or some one-on-one conversation at the end of the day, even if they would never admit it. Try to set aside 5 to 10 minutes each night to sit on your teen's bed (or just hang out in her room if her bedtime is now later than yours), with phones put away. You might be surprised at how your children open up and start talking about their days, their worries or even their life dreams—and the closer you become because of it.

Kristen C. Wynns, PhD, child and adolescent psychologist. is owner of Wynns Family Psychology in Cary, N.C., and founder of wynnsfamilypsychology.com. Have a question for her? Visit allyou.com/askwynns.



The right way to fight

Arguing every now and then is a part of a healthy marriage. The good news is that you don't have to shield your kids from occasional argumentsthat would not be realistic, and it wouldn't give your children the chance to see firsthand how we can love someone but still disagree and resolve things. That said, it can become problematic if fighting turns too intense or happens frequently. Research has found that children of parents in

high-conflict marriages are more likely to experience behavioral and academic problems, as well as emotional issues including anxiety and depression. Know that kids benefit from resolution, even if it's done behind closed doors. So if you see that an argument is escalating around your children, have a code word that means "Let's take a break, then discuss it when the kids are in bed." Your kids will be better off, and so will your relationship.



A SWEET FAMILY ACTIVITY

Ice-cream sandwiches are a lot more fun when you make them with your children. This gadget, which lets you create expertly stacked sandwiches, is easy enough for little ones to use.

Heart-shape mini ice-cream sandwich maker, Cuisipro, \$15; bedbathandbeyond.com.



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TECH UPDATES, FINANCIAL TIPS AND BRIGHT IDEAS FOR STRETCHING EVERY DOLLAR

TRAVEL MIDWEEK

Book trips from, say, Wednesday to Tuesday. Midweek flights can be the cheapest, and there's greater availability at hotels (you also might avoid the minimum stays required by smaller inns). A recent round-trip Wednesday fare between Boston and San Francisco was \$285; Sunday to Saturday, it was \$351.

SUMMER IN THE CITY

It pays to compare ticket prices in cities that have multiple airports, as fares can vary. Cut cuisine costs by dining in Chinatown and other ethnic enclaves (find ear-to-the-ground tips on foodie board chowhound .com). Check out the often world-class collections at university museums.

BE FLEXIBLE

Many airlines post sales on Monday and Tuesday for weekend travel, sometimes one or two weeks out. Some also post on their Twitter accounts (check @jetbluecheeps, for example, and @unitedairlines). Or study maps on kayak.com/explore and google.com/flights for low fares, and see if a place you want to go is listed there.

CONSIDER A CRUISE

Book a voyage for a song. Because most cancellations take place when final payments are due, 60 to 90 days prior to launch, cruise lines sometimes reduce rates then. Cruisecritic.com tracks those last-minute deals. Savings of up to 40 percent are possible, and kids sail free on some trips. Alaska cruises dropped to as little as \$27 per night last year.

RENT A CAR FROM AN ALTERNATIVE SOURCE

Steer clear of facility surcharges and taxes and fees tacked on by airports and opt for an in-town location instead. Or try a ride-sharing service such as Relay Rides (relayrides.com) and pay about 35 percent less than you would using a traditional company.







SPENDLESS BACK-TO-SCHOOL CEACON Gasroom after a carefree

THESE SMART-SHOPPING STRATEGIES GET HIGH MARKS FOR SAVINGS

By Nicole Frehsee

Heading back to the classroom after a carefree summer can be tough on kids and hard on your budget. Families with children in grades K–12 last year spent an average of \$669 on clothing, electronics and supplies. So we asked penny-wise bloggers, frugal moms and retail gurus how they cut costs, and we came up with an arsenal of strategies that really make the grade.

SCAN
THIS PHOTO
TO LAUNCH
OUR BTS
SHOPPING
TOOL.
See page 4.



USE THE DIGIMARC DISCOVER APP (DETAILS ON (DETAILS ON PAGE 4) TO SCAN THE PHOTO AT LEFT AND LAUNCH THE CUSTOM ALL YOU BTS SHOPPING TOOL. YOU CAN GET EVERYTHING ON YOUR LIST RIGHT FROM YOUR SMARTPHONE.



Office-supply retailers have cornered the market on loss leaders-selling items at a low price to get you in the door. Last year, Office Depot had eraser caps and two-pocket folders for a penny each, while Staples had one-subject notebooks for 17 cents apiece. Visit Staples the week before Labor Day. That's when the chain (which became the biggest office-supply retailer after buying Office Depot and OfficeMax) holds a huge BTS sale.

TRY THE TARGET BRAND

Every item in Target's exclusive Yoobi school-supply line sells for less than \$10 and often beats out nationalbrand price tags. A Yoobi one-subject notebook, for instance, was \$2.29, while one by Mead was 9 percent more expensive, at \$2.49. And for every Yoobi item you buy, the company contributes a Yoobi product to a classroom in a disadvantaged neighborhood.



PACK A **BENTO BOX**

Kids are much more likely to eat a homemade lunch if you pack it properly (that is, don't let the components touch). A compartmentalized bento box does the trick. We found a 12-pack of reusable, **BPA-free plastic boxes by Estilo for less** than \$15 on Amazon—just \$1.23 each.

BUY BIG, SPEND LITTLE

Share bulk purchases and save. Dollardays.com sells kits with pens, portfolio folders, glue sticks and 150 sheets of notebook paper. A pack of 14 kits retails for \$154 (\$10.95 each). Dollar stores have stellar deals on Disney bulk products (which can cost 30 percent more than their non-licensed counterparts). At dollartree.com, we found a case of 24 notebooks with

Mickey Mouse, Doc McStuffins and Frozen characters for \$24.

BONUS SAVINGS

Shop on a tax holiday

This year, at least 15 states will offer sales-tax holidays. On those days, you don't pay tax on clothing, computers, school supplies or other items. Dates vary by state, so check taxadmin.org (search "tax holiday") for more information.





Come July, grocery stores and drugstores use smaller supplies to lure shoppers. Last year, for example, Kroger stores nationwide marked down certain Crayola products, including a 10-pack of markers, which typically go for \$2 to \$3, to \$1 each. And Walgreens stores charged 49 cents for a one-subject notebook (regularly \$1.49).

10 FIND YOUR PERFECT MATCH

Shop at stores with pricematch guarantees. Target and Staples will match prices from brick-and-mortar stores and retail sites such as Amazon (vou'll need the competitor's ad or other proof of a lower price for the same item). Discountschoolsupply.com will match a price and refund 10 percent of the difference if another store has it for less. Last year, Walmart debuted Savings Catcher: Within a week of purchase, enter your receipt number on the store's website (or scan it on the Walmart app). The site will search for competitors' prices from the past week. If a lower price is found, you'll get an e-gift card for the difference.



'I DID MY HOMEWORK AND SAVED' "My best friend started a charity, Kids Helping Kids. She collects supplies for schools with kids who have never had brand-new supplies before. She started with one class of 20 and can now provide for a whole school. I collect notebooks, pens, pencils, erasers and paper during the year when I find them on sale. Then I send her a few boxes with everything I have collected during the year." —Ellen Levine, 52, Phoenix



FIND DEALS IN **UNEXPECTED PLACES**

Discounts from such retailers as Toys "R" Us and the Disney Store will sometimes beat out traditional BTS sources. The toy retailer last year had a "buy one, get two free" sale on Crayola markers and crayons. Disney slashed the price of some items by up to 40 percent: An 11-piece Star Wars-themed stationery set including notebook, pencil case and scissors, was \$8. Look for such sales during back-to-school season at slickdeals.net and passionforsavings.com.



"I DID MY HOMEWORK AND SAVED"

"I purchase supplies on clearance after school starts and put them away for the next school year. I also use coupons I've collected throughout the year to buy items I stow for next fall."

> —Renee Glenn, 38, Duncan, Okla.



USE THE BUYING POWER OF YOUR PTA

Some PTAs negotiate with vendors to get better prices for the entire school. Teachers submit supplies lists for the coming year, you order and pay for them via a link on the school's website, and the items are delivered to the classrooms. You don't have to shop, the kids have exactly what the teachers want, and the PTA, which charges a small fee, adds to its coffers. A win-win-win situation.



HIT UP THREDUP

When it comes to your kids' wardrobes, thredup.com is a one-stop mecca. The site pays you between 10 percent and 80 percent of the resale value of clothes, shoes and accessories (the higher the price, the better the percentage) your kids no longer want (or fit into). Use ThredUp's clothing calculator to estimate your payout. Start by ordering a Clean-Out Bag on the site, fill it with like-new items (no stains, pills or stretching) and ship it back for free. Use your windfall as ThredUp credit and score previously owned items from more than 25,000 brands for up to 90 percent off-or cash out via PayPal.



STICK WITH STORES THAT MAKE PRICE ADJUSTMENTS

Many retailers, including Macy's and Children's Place, will credit the difference if their price on an item drops within a certain period (usually 7 to 14 days). After you make a purchase, set a reminder to call the store before the offer expires. You also can download the free TrackIf app, which alerts you when your purchases go on sale.

18

Try it out; take it back

Frequent stores that have generous return policies. Kmart, Sears, Target and Walmart grant full refunds on clothes and shoes within 90 days of purchase. Gap and Old Navy give you 45 days to make up your mind.

BUY A BACKPACK THAT'S BUILT TO LAST

L.L.Bean backpacks are famously durable, but at \$30 and up, they're not the most budget-friendly. Last August, the company cut prices to as low as \$15, and it is likely to do the same this year. Even better is its satisfaction guarantee: You can return the pack for a full refund or replacement for any reason (broken zipper, change of heart about the color) at any time, even years later. JanSport bags also have a lifetime guarantee. Unlike L.L.Bean products, which are sold only directly by the company, JanSport is available practically everywhere, so sales occur more often.





Your BTS shopping cheat sheet

Know where to find the best deals, plus retailers' price and return policies

Look for	Price-match guarantee?	Return policy
Two-pocket folders (regularly 50 cents) were a dime last year, and pencil cases, one-subject notebooks and other supplies cost \$1 each.	Yes. If you find a lower advertised price from a local competitor, show the ad at checkout and Family Dollar will match it.	Return within 30 days of purchase for refund or exchange.
The retailer is known for its doorbusters. Last August, one-subject notebooks were 17 cents and 4-ounce containers of glue sold for 39 cents.	Yes—from brick-and-mortar shops, Amazon and online stores that have a physical presence	Anytime
Now through mid-September, Target continually rolls out price cuts and promotions on BTS items. Shoppers received a \$5 gift card last year when they bought \$25 worth of BTS items.	Yes—if you find it for less in a local competitor's ad or on the website of certain retailers (Amazon, Babies "R" Us, Best Buy, Toys "R" Us, Walmart), plus Target's own site	30 days for electronics; 90 days for everything else
Walgreens ramps up its BTS sales between mid-July and Labor Day. During one week last August, the store had 23 items on sale—including binders (a BOGO promo got you two for \$2.29) and Paper Mate mechanical pencils (a 10-pack for 49 cents).	No	Return within 30 days of purchase for refund or exchange.
The chain's Back-to-School Cyber Monday sale on the first Monday of August 2014 included more than 400 discounts of between 35 percent and 60 percent. Sample half-off deals: An HP ink-jet printer for \$25 and My Little Pony backpacks for \$5.	Yes. Scan the bar code from your receipt on the store's Savings Catcher app and it scours ads from the past week. If it finds that another store sold the item for less, you get an e-gift card for the difference.	90 days for a full refund
	Two-pocket folders (regularly 50 cents) were a dime last year, and pencil cases, one-subject notebooks and other supplies cost \$1 each. The retailer is known for its doorbusters. Last August, one-subject notebooks were 17 cents and 4-ounce containers of glue sold for 39 cents. Now through mid-September, Target continually rolls out price cuts and promotions on BTS items. Shoppers received a \$5 gift card last year when they bought \$25 worth of BTS items. Walgreens ramps up its BTS sales between mid-July and Labor Day. During one week last August, the store had 23 items on sale—including binders (a BOGO promo got you two for \$2.29) and Paper Mate mechanical pencils (a 10-pack for 49 cents). The chain's Back-to-School Cyber Monday sale on the first Monday of August 2014 included more than 400 discounts of between 35 percent and 60 percent. Sample half-off deals: An HP ink-jet printer for \$25 and My Little	Two-pocket folders (regularly 50 cents) were a dime last year, and pencil cases, one-subject notebooks and other supplies cost \$1 each. The retailer is known for its doorbusters. Last August, one-subject notebooks were 17 cents and 4-ounce containers of glue sold for 39 cents. Now through mid-September, Target continually rolls out price cuts and promotions on BTS items. Shoppers received a \$5 gift card last year when they bought \$25 worth of BTS items. Walgreens ramps up its BTS sales between mid-July and Labor Day. During one week last August, the store had 23 items on sale—including binders (a BOGO promo got you two for \$2.29) and Paper Mate mechanical pencils (a 10-pack for 49 cents). The chain's Back-to-School Cyber Monday sale on the first Monday of August 2014 included more than 400 discounts of between 35 percent and 60 percent. Sample half-off deals: An HP ink-jet printer for \$25 and My Little store sold the item for less, you get



1 DID MY HOMEWORK AND SAVED' "I love hitting thrift stores for school supplies. Plenty near me carry donated notebooks, filing supplies, leather organizers, etc. I'm always amazed how inexpensive these finds are in comparison with new items at my local supply store. I also enjoy personalizing the supplies with embellishments, like washi tape, scrapbooking stickers and beads."—Michelle Annesi, 32, Waltham, Mass.





SPRUCE UP LAST YEAR'S MODEL

Can't talk your child into wearing those nearly new sneaks? Spiff them up with patterned duct tape (on leather shoes) and fabric paint or a bleach pen (on canvas). Customize book bags, binders and lunch boxes with a similar overhaul, and transform a "boring" T-shirt into an "awesome" fashion statement by cutting the collar and fringing the bottom.



SHOP FOR SHOES AT WALMART

Walmart has a huge selection of kids' footwear-more than 1,300 pairs of girls' shoes alone, compared with 250 at Target—and its prices, among the lowest out there, generally beat Target's, too. The cheapest girls' sneakers we recently found were \$15 at Target and \$5.87 at Walmart.



STOCK UP ON JEANS AND T'S BEFORE LABOR DAY

To entice BTS shoppers, casual-apparel retailers such as American Eagle and Old Navy traditionally slash prices from mid-July through Labor Day. Last year, American Eagle T's dropped to \$4 each, and pants started at \$5, while Old Navy jeans sold for as little as \$8 (that's 60 percent to 68 percent off). Experts expect comparable sales this year. Shop at the end of August and you'll not only benefit from the BTS sales but also can load up on clearance items (prices further reduced by an extra 30 percent to 50 percent).





CASH IN ON YOUR STUDENT STATUS

If you're a student yourself, flash your student ID card. Club Monaco, for one, will lop 20 percent off full-price and reduced-price goods in its stores and online. (Enter your .edu e-mail address to get a coupon code.) J.Crew, Banana Republic and H&M take 15 percent off full-price items at the store. Retailers don't always promote such discounts, so be sure to ask.



CHOOSE FABRICS THAT CAN TAKE IT

Clothes made of 100 percent cotton are comfortable, but they tear easily. Instead, look for apparel made with a cotton-polyester blend. The material is breathable, durable, less likely to wrinkle and won't fade in color-which means your kids can look good in whatever they're wearing all year.



'I DID MY HOMEWORK AND SAVED' "I watch for sales and frequent the Dollar Tree store. I also keep my eye out for free back-to-school and community events where they give out pens, pencils, rulers and erasers, which I keep in a see-through storage container for when those items get lost during the school year." — DeAndre Rahming, 38, Pompano Beach, Fla.

Screen save in August

Apart from Black Friday, August offers the best buys on laptops. Experts say you can find brand-name PC laptops (with standard specs: 15-inch screen, Intel processor, 1080p display) for 10 percent to 15 percent off at most retailers. Before you bite, check dealnews.com, which scours current laptop sales and posts the verified lowest price.



INVESTINA REFURBISHED MODEL

New is nice, but a rock-bottom deal on a used computer is nicer. For PC users, newegg.com discounts restored tablets up to 70 percent, and bestbuy.com offers reconditioned laptops for as little as \$145. Mac fans can find laptops and desktops reduced by as much as 30 percent—iPads are available, too—in the Certified Refurbished section of apple.com. A restored 15.4-inch MacBook Pro was going recently for \$1,489—\$710 less than a new one. And have no fear: You get the one-year warranty and free shipping and returns that come with a new model.



THINK OUTSIDE

Best Buy's Open Box department (both in-store and online) offers incredible markdowns on all kinds of electronics including calculators and printers. Prices are slashed on goods that are returned. removed from the package for inspection or used as floor models. (The warranty is the same as on an unopened item.) An Epson wireless printer recently was selling for \$112-\$88 off the regular price.



TRADE IN OLD ELECTRONICS

Amazon, Best Buy, Target and Walmart have programs that let you swap old laptops, phones and other electronic devices (even video games) for gift cards that can be used to buy new gadgets. At Target, for instance, an 80GB iPod would score you a \$20 gift card, while a 32GB Samsung Galaxy phone would fetch about \$350 at Amazon (the better the condition, the more it's worth).



At notebooksforstudents .org, kids in elementary school through college can nab big-name laptops (including Apple, Dell and HP) at a deep discount some for \$225. The site. started by college students and faculty frustrated by the high cost of computers, offers new and factoryrecertified products, all with free software (such as Open Office), an 8-gigabyte memory stick and a four-year warranty. Another way to take the sting out of a computer purchase is with manufacturer's discounts. K-12 students can get 20 percent off HP products by setting up an HP Academy account (hp.force.com/external/ hpacademy?AOID= 118091) and 10 percent off Windows PCs and accessories at the Microsoft store.





SAVE ON REQUIRED READING

Score free downloads of the classics (such as A Tale of Two Cities) and about 50,000 other titles at gutenberg.org.

Skyo.com sells used college textbooks (which can cost up to \$200 apiece new) for as little as \$20. And textbookrush.com rents texts for 90 percent less than a spanking-new edition. Looking to sell your old tomes? The site buys used books for cash or store credit, and Amazon has a trade-in program that offers as much as 80 percent back for used textbooks.

Sources: Teri Gault, founder and CEO, thegrocerygame.com; Benjamin K. Glaser, features editor, dealnews.com; Regina Novickis, consumer expert, sickdeals.net; Jeanette Pavini, consumer savings expert, coupons.com; National Retail Federation





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REACH OUT AND TECH SOMEONE

The end of summer can feel like a time for good-byes. Stay in touch with these clever services Bu Jeana Tahnk

For group binge-watching



Even if your best friends live across the country, Rabbit lets you watch the final episode of Orange Is cat video together on your laptops. Using a Web-based interface. you can acess your Hulu or Netflix NBC, YouTube and more. Then simply invite your buddies (up to 15 people) to

(free at rabb.it)

Rabbitcast together.

RABBIT

the New Black or a viral subscriptions, HBO Go.

For an old-fashioned touch



JUSTWINK APP

(free, Android, iOS)

Sure, text and e-mail greetings are nice, but they can't beat a card sent to someone's home. No one needs to know it's coming from your smartphone! Pick from the hundreds of designs in the JustWink app. Find one to suit your occasion (a belated birthday, perhaps, or a thank-you for the baby sitter), type your message, upload a picture, then select where you want it sent. The \$3.49 cost covers the card and postage to a U.S. address.

For easy calling



(free at skype.com) This long-standing service is still among the best for free communication. It works on practically any device, whether a Mac, PC, tablet, smartphone or gaming system. International calls, video chats and instant messaging are all free from one user to another if you both have Skype handles. It's great for one-on-one catch-ups with that cousin or bestie in another time zone.

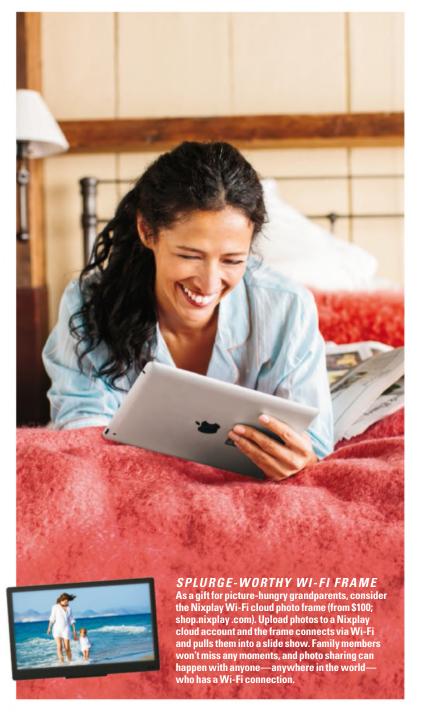
For family conferences



ROUNDS APP

(free, Android, iOS) Got loved ones scattered all over? Bring them together with Rounds. The app offers unlimited texting, photo sharing and audio calling, plus free group video chats for up to 12 people at a time. All you need to jump-start your family reunion is a smartphone; a 3G, 4G or Wi-Fi connection; and a Facebook

account.



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Smart Money Advice

Sock away more savings with our savvy finance tips



can teach more than just a work ethic: It can build a savings habit. Discuss a goal, whether it's a new iPad or a used car. Then use the savings calculator at dinkytown.net to show what she needs to sock away per paycheck to get there. If you can, boost motivation by matching what she saves. You also might suggest she start a Roth IRA (she can invest up to \$5,500). The money grows tax-free; contributions can be withdrawn without penalty; and it won't count against federal college financial aid until she starts withdrawing. She could get ahead on retirement, too. A \$500 contribution at age 15 is worth about \$5,700 at age 65, assuming a 5 percent annual return.

35%

The percentage of American households earning between \$50,000 and \$74,999 that save more than 10 percent of their income, a larger percentage even than the highest-income households. Financial experts recommend stashing 10 percent to 15 percent to achieve financial security.

Source: Bankrate

What to do when your SSN is stolen

This year, health insurer Anthem announced that it was hacked. Another day, another data breach, right? Not exactly. In this case, customer Social Security numbers were among the information stolen-which is a big deal. Your digits can be used for many fraudulent purposes, such as opening credit accounts in your name—a tough mess to fix. If you've been a customer of Anthem or any other company where SSNs were leaked, check your credit report now for accounts you don't recognize. You can get a free report every 12 months from Experian, Equifax and TransUnion—via annualcreditreport.com. Then contact one of the bureaus to enact a fraud alert at all three; that lets lenders know to be cautious before extending credit to someone who claims to be you.

WATCH FOR THIS NEW RETURN POLICY

Always losing receipts? You've probably loved that Buy Buy Baby and Bed Bath and Beyond took back anything for full credit or exchange without documentation. But now returns without a receipt will earn you a credit or exchange worth the current price minus 20 percent. So file your paperwork or pay by credit. The stores will look up purchases made with a card in the past 365 days.

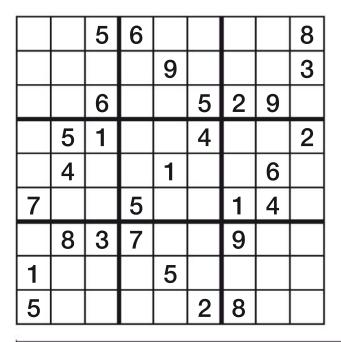


Guroo.com lets you research, free of charge, the national and local costs of health care procedures. For example, the cost of a neck MRI without dye averages \$692 in the United States, but it's a whopping \$975 in Pennsylvania. In some Pennsylvania cities, though, like Reading, you might get it done for about \$560. Knowing where to look for less expensive treatment—or just using the information to negotiate a better price with your provider—can lessen the financial pain of some treatments.

Coffee-Break Fun

Sip a cup of joe and enjoy these brainteasers

Sudoku Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.



Futoshiki Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.

>	>	3 >	
			_
	<	<	
		<	
^ >	2	\bigcap	

Crossword

ACROSS

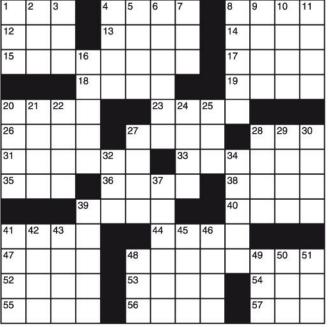
- 1. Clumsy one
- 4. Hoop location
- 8. Church rite
- 12. Ace
- 13. Pivot point
- 14. Clarinet kin
- 15. Ghostly quality
- 17. Kiss-and-
- 18. Air hole
- 19. Matinee star
- 20. Memo error
- 23. Marine hazard 26. Frost
- 27. Birch beer, e.g.
- 28. Notable age
- 31. Sock pattern
- 33. Pebbles
- 35. Pint-size
- 36. Lenient
- 38. Smaller
- 39. Hummus holder
- 40. "____each life..."
- 41. Attempt
- 44. Join

- 47. Got down
- 48. Steady perseverance
- 52. Tableland
- 53. Congregation's response
- 54. Irritate
- 55. Fruit rind
- 56. Key ____ pie
- 57. Quick farewell

DOWN

- 1. Unshut, poetically
- 2. "All the Things
- You____ Whom
- the Bell Tolls
- 4. Track
- 5. The yoke's on them
- 6. Café
- 8. Pattern
- 9. On a cot 10. Performance by one
- 7. Double curve
- __ Joev 48.
- 50. Shout

- 11. Broker's bearish
- advice 16. Creamy white
- 20. Spring occurrence 21. Days of old
- 22. Use a beeper
- 24. Anxious
- 25. Teacup handle
- 27. Couch
- 28. Opposite of odd
- 29. Take five
- 30. Part of aka
- 32. Hawaiian handout 34. Identical
- 37. Deli buy 39. Flower leaf
- 41. Dewy 42. Nautical position
- 43. Move up 45. Bit of news
- 46. ____ to Five
- 49. Pointed end 51. Barely make

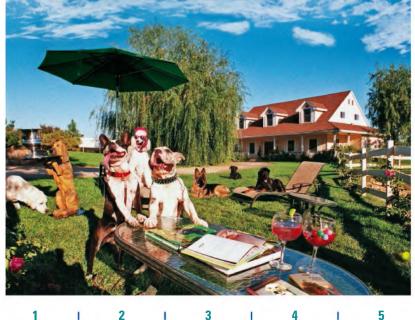


* Solutions on page 119

Picture Puzzle

BARKING UP THE WRONG TREE You might find that this puzzle is a little ruff, but stick with it and fetch the 15 changes in the photos below. Afterward you can lessen your pain with a little hair of the dog.







WANT MORE PUZZLES? LIFE picture puzzle books are available at bookstores and online retailers. Check out life.com/books/puzzle and collect the entire series.

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B

D







(JULY 23-AUG. 22)

With a quintet of planets in Leo, you're perched where you belong: on your throne! Mars brings the energy, Mercury and Venus the heart and soul, and the sun and Jupiter the confidence to go after what you truly desire. On the 11th, Jupiter leaves Leo after a year of expansion and fires up your money zone. It's time to set some ambitious goals for the coming 12 months!

VIRGO (Aug. 23-Sept. 22)

Dream big! Five planets—plus a new moon of opportunities—are orbiting your zone of intuition and creation. On the 7th, your ruler, Mercury, joins forces with lucky Jupiter, helping make your vision a reality. Between then and the 27th, get serious and be prepared to apply some elbow grease.

LIBRA (Sept. 23-Oct. 23)

Mars fires up your career corner until the 8th, supporting progress toward a new job or promotion. After that, network with friends, colleagues and mentors as only a Libra can. After the 11th, when Jupiter shifts into your healing 12th house, you might finally catch up on sleep!

SCORPIO (Oct. 24–Nov. 22)

When your co-ruler, Mars, joins three other planets in your career zone on the 8th, you'll be primed to step into a position of more responsibility. On the 14th, a new moon marks the beginning of an exciting new professional chapter. Don't sell yourself short-you can handle whatever challenges arise.

SAGITTARIUS (Nov. 23-Dec. 21)

A new era kicks off on the 11th, when your ruler, expansive Jupiter, leaves your ninth house of travel and higher education after a year and joins brilliant Mercury in your professional quarters. Take a risk and reinvent yourself. The sky's the limit, especially if you trust your intuition.

CAPRICORN (Dec. 22-Jan. 20)

Your relationship becomes your highest priority, courtesy of a planetary pileup in your intimate eighth house. Unattached? A little effort goes a long way toward finding a worthy partner. On the 27th, when brainy Mercury zips into your career sector, throw yourself into your work.

AQUARIUS (Jan. 21–Feb. 18)

While you love being a rugged individualist, you won't be this month with half the planets orbiting your relationship nook. There's strength in numbers, even if that number is only two. A full moon in your financial corner on the 29th finally pays dividends for the past six months' hard labor.

PISCES (Feb. 19–March 20)

If your health could stand some improvement, five planets touring your wellness sector could bring about the desired changes. On the 11th, Jupiter joins communicator Mercury in your relationship realm for the next year, opening the door for an important conversation.

ARIES (March 21–April 20)

With Pluto retrograde in your career zone, direct your energy toward personal pursuits. Your creative fifth house is on fire, making this a great month to throw yourself into a passion project. Take a gamble on love: With your ruler, Mars, in your risk house, Lady Luck is on your side.

TAURUS (April 21–May 21)

The women in your life take on an expanded role. Organize a book club, wine group or rotating potluck dinner circle. The new moon on the 14th could inspire some big changes on the home front, whether you're considering a renovation, a major de-cluttering project or possibly even a move.

GEMINI (May 22–June 21)

An amazing idea isn't enough. You have to put your money where your mouth is! Luckily, your ruling planet, Mercury, along with four others and a new moon of opportunities on the 14th, are firing up your expressive third house. Go ahead and be a self-promoter.

CANCER (June 22–July 22)

There's a quartet of planets firing up your financial zone this month, so you might be tempted to blow your budget. But with five planets retrograde, resist making any large purchases. When Mercury invades your domestic zone on the 27th, it's a great time to plan a family picnic!

GREAT PRIZES

This month, aliyou wants to upgrade your beauty routine



READERS WILL WIN

a Daily Concepts wellness package

Give yourself the spa treatmentyou deserve it!—with a collection of tools from Daily Concepts. Winners get three natural sponges, exfoliating gloves, two scrubbers, a washcloth, a face exfoliator and a sleep mask.

READERS WILL WIN **Pevonia YouthRenew**

Keep your face looking flawless with YouthRenew tinted cream. The daily defense product hydrates, provides broadspectrum SPF 30 protection and gives your skin a luminous glow.



READERS WILL WIN a KBShimmer prize package

Get your skin and nails beach-ready with summer essentials from KBShimmer: a pink sugar scrub and a pink sugar lotion, a cuticle oil pen, two tropics-inspired nail polishes and a glitter topper.



NO PURCHASE NECESSARY TO ENTER OR WIN.

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"Coffee-Break Fun," p. 116

	SUDOKU								
2	9	5	6	4	3	7	1	8	
8	1	4	2	9	7	6	5	3	
3	7	6	1	8	5	2	9	4	
6	5	1	9	7	4	3	8	2	
9	4	2	3	1	8	5	6	7	
7	3	8	5	2	6	1	4	9	
4	8	3	7	6	1	9	2	5	
1	2	7	8	5	9	4	3	6	
5	6	9	4	3	2	8	7	1	

FUTOSHIKI

1	5 >	4 :	3	> 2
4 >	2	5	1	3
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5	3	1	2	< 4
3	4 >	2	5	1

CROSSWORD

0	Α	F	7	L	0	В	E		М	Α	S	S
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A	L	1	Т		P	Α	T	1	E	N	C	Е
М	Е	S	Α		Α	M	E	N		1	R	K
Р	Ε	Ε	L		L	1	М	Ε		В	Υ	Ε

PICTURE PUZZLE, p. 117

No. 1 (A1 to B3): The navy blue umbrella is now hunter green. No. 2 (A4): An extra cloud has floated into the picture. No. 3 (B5): One window on the side of the house has a different perspective. No. 4 (C1): The champagne bottle has been taken away. Nos. 5 and 6 (C2): One dog is getting warmer...his tongue is hanging out. Something on the poodle's right must have caught its attention. No. 7 (C2 to C3): This dog has a new collar. Nos. 8 and 9 (C3): The German shepherd has switched position, and the black Lab has moved closer to home. No. 10 (C3): A porch column is missing. No. 11 (C5): Two roses have bloomed on the fence. No. 12 (D4): One of the drinks has been refilled. No. 13 (E1): Another rose has bloomed here. No. 14 (E4): A book on the table has been swapped out. No. 15 (E5): A tennis ball is waiting for someone to play.

Catch Me When I Fall

A few months ago, virtually overnight, aliens came and took my little girl and left a teenager in her place. This new being is someone I'd not known before: a social media-obsessed, fiercely independent, Brandy Melville-wearing, Pretty Little Liars-watching near-13-year-old who takes SoulCycle classes, swigs Starbucks and wants to get her legs waxed.

Before this abduction, my daughter and I were quite a team. We held hands crossing the street, baked cupcakes and snuggled in my bed, watching old movie musicals. Some kids can't wait for the fourth-grade overnight trip. Not mine. She hugged me tightly and cried, "I don't want to go! Mommy, I'll miss you."

Well, I miss you, now. I miss making you Easy Mac for dinner (a lot easier than pesto gnocchi). I miss your asking me to help you with your homework (believe it or not, I have read Lord of the Flies and I do remember the Pythagorean theorem). I miss being your confidante, the one you turn to when you've had a bad day or some boy smiles at you and your heart does a backflip. I miss picking out your clothes (the more pink and bedazzled, the better). I miss your kisses, the big sloppy ones I used to get that covered my entire face, not the quick peck on my cheek as you dash off.

I miss being the person vou are excited to see at after-school pickup. Lately, I wait for you on the corner, lurking in the shadows, ever careful not to be spotted by your classmates. At this age, parents are the enemy, the intruders. They cramp your style and weigh you down.

Yet just when I decide all is lost (especially childhood), something magical happens: You need me. You're stumped on a science fair project or a Spanish verb conjugation and you ask for help. Or your BFF has decided to ice you out for no reason, and vou feel adrift and alone. That's when you find me, buried in work in my home office, and you crawl into my lap for a hug. Not for skinned knees or spills off the monkey bars but for bigger, more painful slips and trips and boo-boos of the heart and soul.

Although you might seem like a stranger these days, I truly understand the person you are inside: sweet, compassionate, loving, smart, kind. And just as I know you, you know me. No matter how many times you tell me to "go away" or leave you alone, I won't. Not really. I'll be waiting in the wings wherever and whenever you need me. To catch you when you fall or, at the very least, to hold my arms out, a safety net so you can leap as high and as far as you want without a care in the world. That's where I'll be...just in case.



THE AUTHOR SHERYL BERK

is a New York Times best-selling author. She co-writes The $Cupcake\ Club$ children's book series



Fashion Academy, debuted in July.

ILLUSTRATION: JUN CHEN



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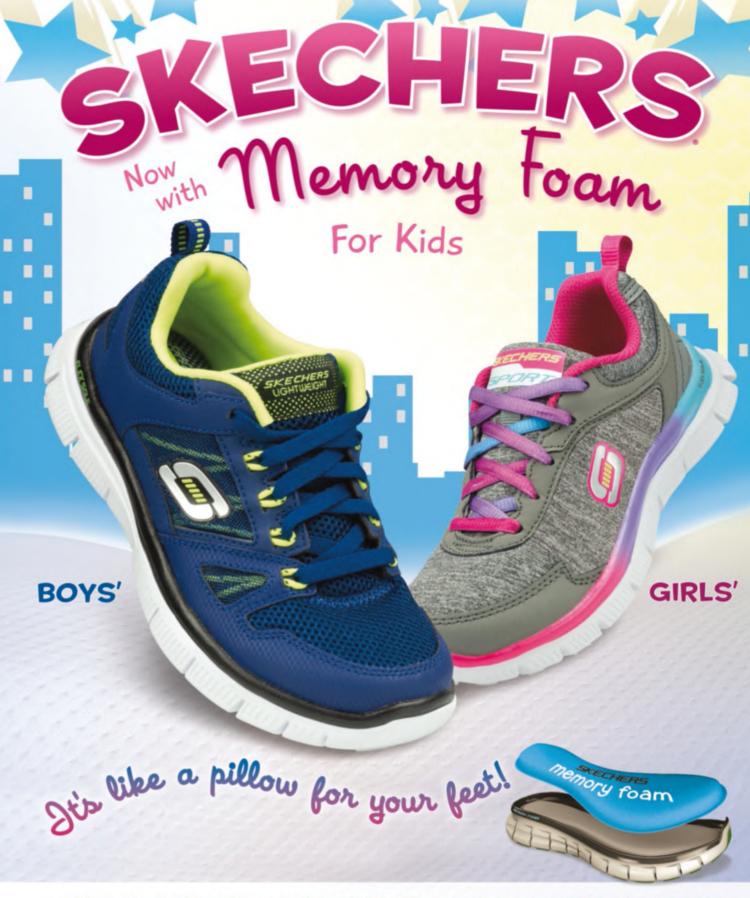
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